

*Medical Edge Radio from Mayo Clinic*  
*Smoking Cessation Withdrawal Symptoms*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU'VE DECIDED TO QUIT SMOKING... GREAT. IT'S ONE OF THE BEST THINGS YOU CAN DO FOR YOU HEALTH. BUT IT'S NOT GOING TO BE EASY. YOU CAN SUFFER FROM NICOTINE- WITHDRAWAL SYMPTOMS...
<b>Richard Hurt, M.D.</b>	"THEY GET IRRITABLE, ANXIOUS. THERE'S A TENDENCY TO GAIN SOME WEIGHT AND HAVE A LOT OF TROUBLE COPING WITH THINGS."
	MAYO CLINIC DR. RICHARD HURT SAYS THE GOOD NEWS IS THAT WITHDRAWAL SYMPTOMS TYPICALLY LAST NO LONGER THAN

	<p>A COUPLE OF WEEKS. BUT THE CRAVINGS FOR A CIGARETTE CAN LAST FOR A LONG TIME</p>
<p><b>Dr. Hurt</b></p>	<p>“THE CRAVINGS ARE VERY, VERY INTENSE. BUT THEY’RE VERY, VERY BRIEF- JUST A COUPLE OR THREE MINUTES AND THEN THEY’RE GONE. SO IF YOU HAVE A CRAVING, A PERSON SHOULD BE ABLE TO KIND OF DISTRACT THEMSELVES, PREPARE FOR IT. THEN THEY KNOW IT’S GOING TO GO AWAY PRETTY QUICKLY. THEY CAN COME WAY DOWN THE LINE.”</p>
	<p>EXERCISE IS A GREAT HELP IF YOU’RE TRYING TO QUIT. IT CAN HELP YOU COMBAT WITHDRAWAL SYMPTOMS, ESPECIALLY WEIGHT GAIN. IT CAN ALSO HELP DISTRACT YOU THROUGH THAT NEXT CRAVING.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT</p>

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.