

**Medical Edge Radio from Mayo Clinic**

**Smoking Cessation**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	YOU'VE HAD ENOUGH. MAYBE IT WAS THE HEART ATTACK...OR THE SHORTNESS OF BREATH...OR THE FEAR OF CANCER. MAYBE IT WAS JUST THE COST. WHATEVER THE REASON, IT JUST DOESN'T MAKE SENSE TO KEEP SMOKING. SO HOW ARE YOU GOING TO QUIT...COLD TURKEY?
<b>Richard Hurt, M.D.</b>	"WE DON'T RECOMMEND FOR PEOPLE TO DO THAT, AS FAR AS JUST STOPPING ON YOUR OWN WITH NO HELP. IT WOULD BE LIKE A DIABETIC SAYING I'M GOING TO

	CONTROL MY BLOOD SUGAR JUST BY ME. THAT'S REALLY NOT THE WISEST THING TO DO."
	MAYO CLINIC DR. RICHARD HURT SAYS THE SUCCESS RATE OF STOPPING COLD TURKEY IS ONLY ABOUT TWO OR THREE PERCENT AFTER ONE YEAR.
<b>Dr. Hurt</b>	"AND WE KNOW WE CAN INCREASE THAT MANY FOLD IF YOU HAVE COUNSELING, AND PHARMACO THERAPY."
	AND THERE ARE LOTS OF PRODUCTS TO HELP YOU QUIT. FROM OVER- THE-COUNTER MEDICINES LIKE NICOTINE GUM AND THE PATCH TO PRESCRIPTION DRUGS. SUPPORT FROM YOUR FAMILY, FRIENDS AND PROFESSIONALS WILL HELP INCREASE YOUR ODDS OF QUITTING.
	FOR MORE INFORMATION, TALK TO

	YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.