

**Mayo Clinic Medical Edge**  
**Quitting Smoking and Lung Cancer**

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.
	ARE YOU STILL LOOKING FOR ANOTHER REASON TO QUIT SMOKING? HOW ABOUT THE INCREASED RISK OF LUNG CANCER?
<b>James Jett, M.D. Track 1 (3:44)</b>	"IF A NEVER SMOKER'S RISK IS ONE, A SMOKER'S RISK IS 15."
	MAYO CLINIC DR. JAMES JETT SAYS A LOT DEPENDS NOT ONLY ON HOW MUCH YOU'VE SMOKED, BUT ALSO WHEN YOU STARTED.
<b>Dr. Jett Track 1 (6:25)</b>	"THERE'S DATA TO SUGGEST THAT INDIVIDUALS WHO START AT AN EARLIER AGE HAVE A HIGHER PREDISPOSITION. "

	QUITTING ON THE OTHER HAND CAN GREATLY REDUCE YOUR RISK. IT CAN TAKE TEN YEARS TO CUT YOUR RISK BY ONE THIRD.
<b>Dr. Jett</b> <b>Track 1 (5:00)</b>	“IF YOU’VE SMOKED FOR 20 YEARS YOU CAN’T EXPECT THAT YOUR RISK WOULD GO BACK TO THE RISK OF A NEVER SMOKER IF YOU QUIT IF YOU QUIT SMOKING. BUT IT WILL STOP DROPPING, SO IT’S ALWAYS A GOOD IDEA TO STOP SMOKING.”
	PLUS YOU’LL BE GETTING LOTS OF OTHER BENEFITS, SUCH AS A LOWER RISK OF HEART ATTACK, THAT START ALMOST IMMEDIATELY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.