

Mayo Clinic's Medical Edge

No Safe Tobacco

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	FROM HEART DISEASE TO LUNG CANCER AND EMPHYSEMA... WE ALL KNOW THAT CIGARETTES CARRY A BIG HEALTH RISK. BUT ARE PIPES, CIGARS, SNUFF OR CHEW A BETTER ALTERNATIVE?
Lowell Dale, M.D. Track 2 (:30)	"I THINK IT IS A FALLACY FOR PEOPLE TO THINK THAT SWITCHING FROM ONE TOBACCO PRODUCT TO ANOTHER IS A BETTER HEALTH CHOICE."
	DR. LOWELL DALE IS ASSOCIATE DIRECTOR OF THE NICOTINE DEPENDENCE CENTER AT MAYO CLINIC. HE SAYS WITH PIPE AND

	CIGAR SMOKERS...
Dr. Dale Track 2 (1:10)	“EVEN THOUGH THEY MAY NOT TELL US, ACTUALLY INHALE THOSE PRODUCTS AND SO THEY ARE EXPOSING THESELVES TO VERY LARGE QUANTITIES OF CANCER-CAUSING AGENTS.”
	SMOKELESS TOBACCO USERS CAN ALSO DEVELOP MAJOR HEALTH PROBLEMS. AND IF YOU THINK IT WILL BE EASIER TO QUIT, THINK AGAIN. DR. DALE SAYS MOST PEOPLE, EVEN MANY HEALTH CARE PROFESSIONALS, UNDERESTIMATE THE ADDICTIVE POWER OF ALL FORMS OF TOBACCO.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.

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