

**Mayo Clinic's Medical Edge**

**Secondhand Smoke**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOU'RE OUT WITH FRIENDS AND MAYBE STOP AT A BAR FOR A DRINK OR TWO. BY THE TIME YOU LEAVE, YOUR CLOTHES, EVEN YOUR HAIR, SMELL LIKE AN ASHTRAY. MAYO CLINIC DR. LOWELL DALE SAYS THAT MAY BE THE LEAST OF YOUR WORRIES.
<b>Lowell Dale, M.D.</b> <b>Track 1 (:50)</b>	"I DON'T THINK THAT THERE SHOULD BE ANY QUESTION THAT SECONDHAND SMOKE DOES CAUSE DISEASE AND DEATH IN PEOPLE WHO DO NOT SMOKE."
	A RECENT REPORT FROM THE SURGEON GENERAL'S OFFICE

	CONCLUDED THAT THERE WAS NO RISK-FREE EXPOSURE.
<b>Dr. Dale</b> <b>Track 1 (5:00)</b>	“SOME OF THE SCIENCE SUGGESTS JUST 5-MINUTES OF EXPOSURE TO SECONDHAND SMOKE CREATES CHANGES IN THE BLOOD VESSELS OF THE HEART AND OTHER STRUCTURES OF THE BODY THAT ARE POTENTIALLY DAMAGING.”
	SECONDHAND SMOKE ALSO INCREASES THE RISK FOR NON-SMOKERS OF BOTH HEART DISEASE AND LUNG CANCER BY ABOUT 25-PERCENT. NUMBERS THAT DR. DALE SAYS MAKE SECONDHAND SMOKE A MAJOR HEALTH CONCERN.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.
