

Mayo Clinic's Medical Edge
Nicotine Therapy Options

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
Rhonda Rosburg, Patient	"I'VE ALWAYS LOVED PHOTOGRAPHY."
Nats of camera shutter	RHONDA ROSBURG SAYS HER ART IS MUCH BETTER NOW THAT SHE'S QUIT SMOKING. BEFORE SHE KICKED THE HABIT, IT SEEMED THAT SHE JUST COULDN'T FOCUS. SO SHE QUIT. ABOUT FIVE TIMES!
J. Taylor Hays, M.D.	"FOR MOST PEOPLE, THE TRAIL FROM SMOKING TO PERMANENT ABSTINENCE IS NOT A STRAIGHT LINE. LOTS OF CURVES IN THE ROAD."
	BUT MAYO CLINIC DR. J. TAYLOR

	<p>HAYS ALSO SAYS YOU CAN MAKE THAT ROAD A LITTLE STRAIGHTER BY USING THE RIGHT COMBINATION OF NICOTINE REPLACEMENT. HE RECOMMENDS CHOOSING PRODUCTS THAT FIT YOUR LIFESTYLE. THE PATCH, NICOTINE GUM OR LOZENGES ARE AVAILABLE OVER THE COUNTER. NASAL SPRAYS OR INHALERS ARE AVAILABLE BY PRESCRIPTION.</p>
Rhonda	<p>"I USED THE PATCH AND I ALSO USED THE GUM FOR THE LITTLE STRONG URGES."</p>
	<p>RHONDA'S URGES TO SMOKE HAVE STOPPED, AND NOW SHE FOCUSES ON HER ART, NOT ON THE NEED FOR NICOTINE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

