

Mayo Clinic's Medical Edge
Smoking Cessation in Young Adults

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	LUNG CANCER, HEART DISEASE, EMPHYSEMA... THERE'S ALL KINDS OF REALLY GOOD REASONS TO STOP SMOKING. AND AS A WHOLE, WE'RE GETTING THAT MESSAGE. OVERALL, SMOKING RATES HAVE BEEN DROPPING FOR THE LAST 30-YEARS. BUT SOME GROUPS ARE DOING BETTER THAN OTHERS.
Steven Ames, Ph.D. Track 1 (2:50)	"IT'S STABLE IN YOUNG ADULTS IN GENERAL. WE'RE ACTUALLY SEEING IT INCREASE IN COLLEGE STUDENTS."
	FOR MAYO CLINIC DR. STEVE AMES, IT'S AN AREA OF BIG

	CONCERN AND INTENSE STUDY. FINDING WAYS TO HELP THEM QUIT IS AT THE TOP OF THE LIST FOR DR. AMES.
Dr. Ames Track 2 (1:50)	“AN 18 YEAR OLD IS NOT LIKE A 50-YEAR-OLD. THEY HAVE DIFFERENT NEEDS, DIFFERENT SOCIAL PRESSURES.”
	THAT’S WHY DR. AMES AND HIS COLLEAGUES ARE WORKING TO DEVELOP EFFECTIVE CESSATION PROGRAMS FOR YOUNG ADULTS. PROGRAMS THAT COULD HELP TO REVERSE A TROUBLING TREND IN SMOKERS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.