

**Mayo Clinic Medical Edge**  
**Teens Help Kick the Habit**

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.
	NICK LACKMANN IS A BUDDING CHEF WHO LIKES TO TEACH NEW RECIPIES TO HIS MOM MARCIA.
<b>Marcia Ferson, Nick's mom</b>	"HE'S ACTUALLY GOOD AT GIVING ME POINTERS."
	NICK'S ALSO TEACHING HER WHAT YEARS OF SMOKING IS DOING TO HER BODY.
<b>Nick Lackmann, Study participant</b>	"STROKE IS THE THIRD LEADING CAUSE OF DEATH AND SMOKING CAUSES STROKE."
	THIS TYPE OF ROLE REVERSAL, WHERE THE CHILD GUIDES THE ADULT, IS THE BASIS OF A MAYO CLINIC STUDY AIMED AT GIVING

	<p>TEENS INFORMATION THAT WILL HELP THEM HELP THEIR PARENTS QUIT SMOKING. THE STUDY USES CHAT ROOMS TO EDUCATE TEENS AND ANSWER THEIR QUESTIONS. DR. CHRISTI PATTEN IS A MAYO CLINIC PSYCHOLOGIST.</p>
<b>Christi Patten, Ph.D.</b>	<p>“WE’RE GUESSING THAT PROVIDING MORE SKILL TO THE TEEN TO HELP THEIR PARENT QUIT SMOKING WILL BE HELPFUL.”</p>
<b>Marcia</b>	<p>“IT MIGHT NOT BE EASY TO HAVE TO SIT AND LISTEN TO YOUR KIDS. BUT IT WILL MAKE YOU STOP AND THINK.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>