

Mayo Clinic Medical Edge
Benefits to Kicking the Habit

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	QUITTING. YOU'VE THOUGHT ABOUT IT A LOT... EVEN TRIED A FEW TIMES, BUT THE URGE TO LIGHT UP WON OUT. MAYBE CONCENTRATING ON THE FUTURE WILL HELP.
Steven Ames, Ph.D.	"THE ABILITY TO ENGAGE IN PHYSICAL ACTIVITY IMPROVES. THEY FEEL LIKE THEY HAVE MORE ENDURANCE... LESS SHORT OF BREATH. THEY CAN SMELL BETTER, TASTE FOODS BETTER."
	DR. STEVEN AMES IS A MAYO CLINIC PSYCHOLOGIST WITH A SPECIAL INTEREST IN SMOKING

	CESSATION. WHILE IT'S IMPORTANT TO EXPERIENCE THE BENEFITS...
Dr. Ames	“SOME OF THE CHANGES WHEN YOU QUIT SMOKING MAY NOT SLAP YOU IN THE FACE OR BE OUTRIGHT NOTICABLE. THINGS LIKE DECREASE IN HAVING A HEART ATTACK, OF HAVING A STROKE. YOU DON'T SEE THOSE THINGS BECAUSE NOTHING HAPPENED. YOU HAVEN'T HAD A HEART ATTACK, YOU HAVEN'T HAD A STROKE.”
	NOW IF YOU NEED MORE IMMEDIATE BENEFIT, JUST REMEMBER ALL THE MONEY YOU'RE SAVING BY NOT SMOKING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.
