

Medical Edge Radio from Mayo Clinic

Smoking Dangers

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	SMOKING...ITS EFFECTS KILL NEARLY HALF A MILLION PEOPLE IN THE UNITED STATES EVERY YEAR.
Richard Hurt, M.D.	"THAT'S THE EQUIVILANT OF ROUGHLY THREE FULLY LOADED 747'S CRASHING EVERY DAY, 365 DAYS A YEAR WITH NO SURVIVORS."
	DR. RICHARD HURT IS DIRECTOR OF THE NICOTINE DEPENDENCE CENTER AT MAYO CLINIC. HE SAYS SMOKING CONTRIBUTES TO MAJOR DISEASES LIKE HEART DIESASE, LUNG CANCER AND

	<p>EMPHASEYMA. BUT THE LIST OF NEGATIVE HEALTH EFFECTS REALLY RUNS FROM A TO Z. THINGS LIKE ASTHMA, EYE PROBLEMS, EVEN WRINKLES.</p>
Dr. Hurt	<p>“TOBACCO SMOKE CONTAINS OVER FOUR-THOUSAND CHEMICALS, AND IT ALSO CONTAINS OVER 60-KNOWN CARCINOGENS. SO THERE’S NEVER GOING TO BE A SAFE CIGARETTE.”</p>
	<p>IF YOU’RE A SMOKER, YOUR RISK OF HEART ATTACK IS INCREASED FOUR TO FIVE TIMES. AND YOU’RE 50 TIMES MORE LIKELY TO DEVELOP LUNG CANCER. BUT YOU CAN START TO LOWER YOUR RISKS THE MINUTE YOU QUIT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
