

Mayo Clinic Medical Edge
Smoking Cessation and Youth

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	CHANCES ARE PRETTY GOOD THAT AS A TEENAGER YOU DIDN'T' ALWAYS THINK OR ACT LIKE AN ADULT. SO WOULD YOU EXPECT STOP-SMOKING PROGRAMS DESIGNED FOR ADULTS TO APPEAL TO TEENS?
Steven Ames, Ph.D. (34:45)	"THE THING ABOUT YOUNG PEOPLE IS THEY'RE NOT ALWAYS VERY INTERESTED IN TRADITIONAL TREATMENTS. THEY'RE INTERESTED IN UNSTRUCTURED, NOVEL APPROACHES."
	DR. STEVEN AMES IS A MAYO CLINIC PSYCHOLOGIST WITH A

	<p>SPECIAL INTEREST IN YOUTH SMOKING. HE'S BEEN STUDYING METHODS THAT RESONATE WITH THE YOUNGER CROWD. ONE AVENUE THAT SHOWS PROMISE IS EXPRESSIVE WRITING.</p>
<p>Dr. Ames (34:10)</p>	<p>“JUST ADDING THAT VERY SIMPLE COMPONENT... ASKING PEOPLE TO CONSIDER THE IMPACT SMOKING HAS PLAYED IN THEIR LIFE ACTUALLY DOUBLED PEOPLES CHANCES OF BEING ABSTINENT.”</p>
	<p>DR. AMES SAYS MORE RESEARCH AND FINE-TUNING FOR A YOUNGER AUDIENCE IS NEEDED, BUT THE EARLY RESULTS ARE ENCOURAGING.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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