

**Mayo Clinic Medical Edge**

**Smoking Bans**

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	EVERY YEAR, MORE AND MORE SMOKING BANS ARE BEING ENACTED, LEAVING FEWER AND FEWER PLACES FOR CIGARETTE SMOKERS TO LIGHT UP.
<b>Paul Scanlon, M.D.</b>	"THE QUESTION IS, IN ADDITION TO THE SMELL AND OTHER OFFENSIVE ASPECTS OF SMOKING, WHAT'S THE HEALTH IMPACT?"
	MAYO CLINIC DR. PAUL SCANLON SAYS SMOKING AND SECOND HAND SMOKE INCREASE YOUR RISK OF MANY ILLNESSES INCLUDING LUNG CANCER, EMPHYSEMA AND HEART ATTACK.

	<p>A STUDY OUT OF THE UNIVERSITY OF CALIFORNIA LOOKED AT THE HEART ATTACK RATES IN SEVERAL CITIES WHERE SMOKING BANS ARE IN EFFECT. RESULTS SHOWED THAT IN THOSE CITIES, HEART ATTACK RATES DROPPED BY 19-PERCENT. NEARLY ONE OUT OF FIVE PEOPLE WHO MIGHT HAVE HAD A HEART ATTACK DIDN'T.</p>
<b>Dr. Scanlon</b>	<p>"THE BENEFICIAL EFFECTS ARE VERY REAL. AND IT AFFECTS BOTH SMOKERS AND NON-SMOKERS."</p>
	<p>SO THE NEXT TIME YOU'RE SOMEPLACE THAT BANS SMOKING IN PUBLIC PLACES, REALIZE THE SMOKE-FREE AIR IS HELPING YOU STAY HEART HEALTHY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>