

Mayo Clinic Medical Edge
Smoking and Cholesterol

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	JUST IN CASE LUNG CANCER AND EMPHYSEMA AREN'T ENOUGH, HERE'S ONE MORE REASON TO KEEP FROM LIGHTING UP.
Lowell Dale, M.D.	"THERE IS VERY STRONG EVIDENCE THAT CIGARETTE SMOKING DOES CHANGE CHOLESTEROL VALUES. IT RAISES TOTAL CHOLESTEROL AND LDL CHOLESTEROL, THE BAD CHOLESTEROL."
	AND, ADDS MAYO CLINIC DR. LOWELL DALE, IT LOWERS HDL OR

	<p>“GOOD” CHOLESTEROL.</p>
<p>Dr. Dale</p>	<p>“WHETHER THAT’S ACTUALLY THE NICOTINE THAT DOES THAT OR ONE OF THE OTHER CHEMICALS IN TOBACCO SMOKE, THE RESEARCH JUST ISN’T VERY CLEAR.”</p>
	<p>WHAT IS CLEAR IS THAT SMOKERS CAN BEGIN CUTTING THEIR RISK OF MANY OF THE NEGATIVE EFFECTS BY QUITTING. OF COURSE THAT’S EASIER SAID THAN DONE. BUT THERE ARE TOOLS TO HELP. NICOTINE REPLACEMENT THERAPIES LIKE THE PATCH, GUM, AND LOZENGES ARE AVAILABLE OVER THE COUNTER. PRESCRIPTION MEDICATION AND COUNSELING ARE ALSO AVAILABLE</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>