

Medical Edge Radio from Mayo Clinic

Smoking Cessation Benefits

1:00

Log

Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC. |
| | IF YOU COULD CUT YOUR RISK OF HEART ATTACK BY 50-PERCENT YOU'D DO IT, RIGHT? WELL IF YOU'RE A SMOKER, THAT'S HOW MUCH YOU CUT YOUR RISK WITHIN A YEAR OF QUITTING. |
| Richard Hurt, M.D. | "THAT'S A REMARKABLE RECOVERY FOR THE BODY. THERE'S NOTHING ELSE YOU CAN DO AS A SMOKER TO REDUCE YOUR RISK OF HAVING A HEART ATTACK MORE RAPIDLY THAN THAT." |
| | MAYO CLINIC DR. RICHARD HURT |

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| | <p>SAYS THE BODY STARTS TO HEAL ITSELF FROM MOST OF THE EFFECTS OF SMOKING IMMEDIATELY AFTER YOU QUIT. NOW CONSIDER THE FLIP SIDE. A SMOKER IS FOUR TO FIVE TIMES MORE LIKELY TO HAVE A HEART ATTACK, AND 50 TIMES MORE LIKELY TO DEVELOP LUNG CANCER THAN A NON-SMOKER.</p> |
| Dr. Hurt | <p>“IT’S EVEN WORSE FOR WOMEN SMOKERS. HIGHER RISK OF HEART DISEASE, HIGHER RISK OF LUNG CANCER, AT A LOWER RATE OF SMOKING FOR FEWER YEARS. ”</p> |
| | <p>THERE’S NO QUESTION THAT QUITTING’S TOUGH. BUT WHERE WOULD YOU RATHER TAKE YOUR CHANCES?</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p> |

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