

Mayo Clinic's Medical Edge
Why is it so hard to Stopping Smoking

1:00

Log

Audio

| | |
|---|--|
| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | "I CAN QUIT ANYTIME." IT'S SOMETHING MOST SMOKERS HAVE TOLD THEMSELVES, OR OTHERS, AT ONE TIME OR ANOTHER. REALITY ON THE OTHER HAND IS THAT... |
| Lowell Dale, M.D. Track 2 (3:10) | "MOST PEOPLE THAT USE TOBACCO, EVEN MOST HEALTH PROFESSIONALS UNDERESTIMATE THE LEVEL OF DEPENDENCY THAT PEOPLE DEVELOP." |
| | DR. LOWELL DALE IS ASSOCIATE DIRECTOR OF THE NICOTINE DEPENDENCE CENTER AT MAYO CLINIC. HE SAYS EVERY YEAR 40- |

| | |
|--|---|
| | PERCENT OF ALL SMOKERS TRY TO QUIT, BUT ONLY ABOUT 7-PERCENT ARE SUCCESSFUL. |
| Dr. Dale Track 2 (4:52) | “RECEPTORS IN THE BRAIN THAT ARE SENSITIVE TO NICOTINE ACTUALLY INCREASE IN NUMBER. SO PEOPLE WHO TRY TO STOP HAVE TO FIGHT OFF THAT INCREASED SENSITIVITY.” |
| | MOST FORMAL CESSATION PROGRAMS USE A TWO PRONGED ATTACK. MEDICATIONS TO HELP GET OVER THOSE WITHDRAWL SYMPTOMS AND COUNSELING. COMBINED, YOUR CHANCES OF QUITTING FOR GOOD JUMP DRAMATICALLY. |
| | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS. |
| | |
| | |

| | |
|--|--|
| | |
|--|--|