Hi I’m Vivien Williams with highlights from the Mayo Clinic News Network.

We’ll start off with info about breast cancer. Women with what’s called atypical hyperplasia of the breast have a higher risk of developing breast cancer than previously thought. It’s considered benign, but could develop into cancer. Mayo experts say anti-estrogen therapies such as tamoxifen and screening with technologies such as mammography and MRI should be options for women with this condition. The key is to prevent breast cancer from happening or to catch it early if it does. The study was published in the New England Journal of Medicine.

For lots of people, the resolve to keep New Years resolutions begins to fade as January marches on. But here’s a resolution that’s really important to keep. Quitting smoking.

“Why do we as a society tolerate a product that kills a half a million people every single year? That’s the equivalent of three 747’s crashing every day 365 days a year without survivors.”

Mayo smoking cessation expert Dr. Williams Hurt says it can be tough to quit, but having a plan can help. Pick a day to start, talk to your healthcare provider about counseling and medications, get rid of all smoking stuff, and join a local support group. Also, if you call 1-800-Quit-Now, you’ll have access to tools to help you kick the habit.
Now...you’re scheduled for surgery but worried that the anesthesia will make you sick. Thirty percent of people who have surgery have nausea and vomiting afterwards. But there are things that reduce the chances. A variety of anti-nausea medications help, and so can things like meditation, acupressure and aromatherapy. If you’re worried about it, talk to your doctor before you head to surgery.

And that’s a look at headlines from the Mayo Clinic News Network, I’m Vivien Williams

Breast cancer screening b-roll
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/c06823O27-tomo-extra-brollbffd200.mp4

Dr. Richard Hurt sound bite
https://www.youtube.com/watch?v=3Kmb5W5YD6k

Smoking b-roll
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/6f5369smoking_video_H264_HIGH_720_original.mp4

Surgery video
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/f73ebbSurgery-Mayo-Clinic1d063625.mp4