

Mayo Clinic Minute

Quitting smoking now can add years, quality of life

VIDEO	AUDIO
Title: J. Taylor Hays, M.D. Director Mayo Clinic Nicotine Dependence Center	“If you’re a young person – say you’re 40 years old or younger – do you want to add 10 years to your life? Quit smoking.”
Graphic: Avoid: Chronic lung disease Heart disease Lung cancer	“Do you want to avoid all of the ill health effects – chronic lung disease, heart disease, lung cancer? Stop smoking.”
	“We know that all of those diseases are intimately associated with smoking, and that if people stop at a young age, they’ll avoid virtually all of them.”
Graphic: Add: Years Quality of life	“And they’ll add years – not just length of life, but quality of life.”
	“So to the people who are older, I’d say it’s never too late. Make an attempt. You still can avoid a lot of the ill health effects of smoking, stopping whenever. So if you’ve tried and failed, try again. It’s never too late to quit.”
	“The best way to quit is to try, to make a plan, and then to stick with the plan. And that plan should include some counseling and behavioral therapy and medications that will reduce withdrawal and help maintain abstinence.”