

Mayo Clinic Minute

Great American Smokeout

Video

Audio

	Thursday, November 19 th is the American Cancer Society's Great American Smokeout.
Richard Hurt, M.D. Nicotine dependence expert Mayo Clinic	"Why do we as a society tolerate a product that kills almost a half a million Americans every single year?"
	Mayo Clinic nicotine dependence expert Dr. Richard Hurt wants to encourage people who light up to try to take just one day off. He knows it's not easy to quit. Cigarettes can be more addicting than cocaine. But the American Cancer Society says quitting for just one day can help start your journey towards a healthier life. And if you smoke e-cigarettes, put those down too.
Jon Ebbert, M.D. Nicotine dependence expert Mayo Clinic	"It's also related to some of the flavoring agents that are in the liquid or the e-juice that e-cigarettes use to deliver the nicotine. A lot of those additives for flavoring agents could potentially cause cancer.
	If you want to quit and need help, call 1-800-quit-now. Join the American Cancer Society's Great American Smokeout and put those cigarettes out.
Vivien Williams	I'm Vivien Williams and for more health news, visit the Mayo Clinic News Network.