

## Mayo Clinic Minute

### Tackling tobacco addiction

VIDEO	AUDIO
	For smokers who can't stop lighting up ...
	<i>Sound of a thumb striking a lighter</i>
	Mayo Clinic works to be the light at the end of the tunnel.
	Our mission is to give them hope for a life free of tobacco.
	Dr. J. Taylor Hays is the director of Mayo Clinic's Nicotine Dependence Center in Rochester where more than 50-thousand smokers have already been given tools to tackle their habit.
Title: J. TAYLOR HAYS, M.D. DIRECTOR Mayo Clinic Nicotine Dependence Center	No one is the same. Everyone has some different aspects of their life that will make it harder or easier to quit. We do know what works.
Graphic: Medication Behavioral therapies Relapse prevention	Dr. Hays says what works is a combination of approaches, including medication, behavioral therapies and relapse prevention strategies.
	We use medications to help reduce withdrawal and urges to smoke, because we know that that will allow people to do the behavioral work.
	And, the basics that they need are to start changing thoughts surrounding the use of tobacco. Start changing behaviors and the habits that have been very ingrained.
	If given the right set of tools, they're behaviors and habits that Dr. Hays says can be snuffed out once and for all.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.