

Mayo Clinic Minute: Tools
to quit smoking on Great
American Smokeout

| VIDEO | AUDIO |
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| | 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. Nicotine DependenceCenter Mayo Clinic | "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." |
| | 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. |
| | For the Mayo Clinic News Network, I'm Jason Howland. |