

Mayo Clinic Minute: Strategies to quit smoking

VIDEO	AUDIO
	Smoking is the leading cause of preventable death in the U.S., and a listed risk factor for numerous diseases.
J.Taylor Hays, M.D. Nicotine Dependence Center Mayo Clinic	"I think the reasons for quitting are primarily to avoid the adverse health effects, live longer and live better."
	The addictive nature of smoking can be traced to nicotine, a chemical that alternates between stimulant and depressant.
	Dr. Hays says reducing cravings requires a combined approach of behavioral and medication therapy.
	"It's generally the same for all addictions, that we want to change the way people think and the way they behave surrounding the use of the substance."
	Avoiding triggers, trying exercise and relaxation techniques, and leaning on a support system are just a few tips to consider when quitting.
	The results can reduce stress and improve overall health.
	"Even though people use smoking as a stress reliever, it probably creates more stress. We know that people who quit have a significant reduction in psychological distress."
	For the Mayo Clinic News Network, I'm Alex Osiadacz (oh-side-us).