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Health newsfeed for Wednesday, December 19, 2012

HEADLINE: STOPPING SMOKING

ANCHOR LEAD: WHAT HELPS WOMEN STOP SMOKING? ELIZABETH TRACEY REPORTS

Stopping smoking was accomplished by almost one-third of women among the 1.3 million reported on recently in the Lancet. Those who stopped by age thirty retained only about 5% of their increased risk of death, and those who stopped by age forty retained only 20% of the risk. Enid Neptune, a lung expert at Johns Hopkins, says these data need to provide impetus for the development of better smoking cessation tools.

NEPTUNE: Right now we have some drugs in our armamentarium but they're not terrifically effective, and the question is why aren't they? And I would hope that the next step from this study is for us to drill down and find out why were some women successful in smoking cessation and some women not, why did some women start at such a young age, and other women not? Because it's going to be those behavioral differences that will allow us to devise more effective therapies. :29

Neptune says poor methods or not, all women who smoke should attempt to stop, and should employ everything in their power to do so. At Johns Hopkins, I'm Elizabeth Tracey.