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HEALTH & WELLNESS



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August 6th 2013: HOW TO SUCCESSFULLY STOP SMOKING

In this hour, Dr. Kevin Ferentz will discuss why people begin smoking, and who is most at risk to pick up the habit. We will also explore the various reasons why it is so difficult to stop smoking, and look at the most common kinds of "quit histories" that people share. We'll explore the marketing and packaging of cigarettes and the impact that has on encouraging people to quit. We will look at the numerous medical complications that smokers are vulnerable to developing when they continue to smoke. We will also discuss the ways in which stopping smoking can have profoundly positive consequences.

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Featured Guest



Dr. Kevin Ferentz

Dr. Ferentz received his M.D. from SUNY at Buffalo School of Medicine, then did a Family Practice residency and fellowship at the University of Maryland. He retired from their Department of Family Medicine as an Associate Professor after 25 years on the faculty. While there, he was Director of Student and Employee Health, Director of Clinical Operations, and Residency Director. He is now the Chief Medical Officer for Baltimore Medical System. He has authored more than 36 articles and book chapters, focusing on Smoking Cessation and the treatment of Depression. He has received more than 24 teaching awards. He has been repeatedly recognized as one of the Best Family Physicians by local and national organizations.

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