

CDC: Tips from Former Smokers – Terrie

This program is presented by the Centers for Disease Control and Prevention

I'm Terrie. Smoking gave me cancer. If you're a smoker, I have a tip for you. Make a recording of yourself now, before you have your voice box removed. Read a children's story book or sing a lullaby. I wish I had done that. The only voice my grandson's ever heard is this one.

[Terrie Singing] The wheels on the bus go round and round, round and round, round and round. The wheels on the bus go round and round, all through the town.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW. A message from the US Department of Health and Human Services and CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.