

## **CDC: Tips from Former Smokers – Brandon (:60)**

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

[Brandon] Hey, I'm Brandon. The disease I got from smoking led to me having both of my legs amputated. It's called Buerger's disease. That's where your blood vessels can get blocked because of blood clots that can destroy your skin tissue and can lead to infection, gangrene, or worse. In my case, it started on my left foot. Eventually, I had to have my leg surgically removed just below my knee. I was nineteen. A few years later, I had to have my right leg removed too. I was a double amputee at twenty-three years old. The reason that happened was because I smoked. So I have a tip in case that happens to you. Take showers instead of baths, and use a shower chair. You'll find bathtubs are a lot harder to get in and out of when you don't have legs. Some of you might think I'm just making all this up. I wish I were.

[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](http://www.cdc.gov) or call 1-800-CDC-INFO.*