

Tips From Former Smokers - Rose

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Rose] My name is Rose. Smoking caused my lung cancer. The most painful thing that I went through was the chest tube to get the fluid out of my lungs. It was just bloody, bloody, bloody.

Every day I prayed that they would remove it. The last three or four days I literally cried.

My tip is: Be careful what you wish for. That chest tube hurt a lot more coming out than it did going in.

[Announcer] You can quit. For free help, call 1-800-QUIT-NOW. A message from the U.S. Department of Health and Human Services and CDC.

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