

Tips From Former Smokers - Brian

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

[Brian] I'm Brian. I'm proud of my years of military service. When I was 58, doctors told me I had the heart of a 37-year-old man. They told me that after my transplant surgery, when that man's heart became mine. I needed that transplant because I smoked and got heart disease.

If you're a smoker, here are some tips in case that happens to you.

First, you have to quit smoking for good before you can even get on a transplant list. So quit now.

And if you're like me before I had my transplant, you may need a new defibrillator put in your chest. If you do, ask if the surgeons will use the same incision line every time. That'll cut down on the number of scars you'll have.

And never feel sorry for yourself. I don't. I only feel sorry for my family. And the family of that 37-year-old man.

[Announcer 2] Smoking can cause heart disease, the number one cause of death in the U.S. You *can* quit. For free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.

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