

Tips From Former Smokers - Mark

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

[Mark] My name's Mark. What's your daily routine? Get up, feed the kids, shower and go off to work? Yeah. That was my routine. But I smoked too. And then I got rectal cancer.

So my routine became tests and more tests, ultrasounds, CT scans, chemotherapy, radiation and surgery to remove the tumor from my rectum.

Routine became looking into my wife's worried eyes every day. And calming my little girl after kids on the playground told her that her daddy's going to die because he has cancer.

Yeah. That was my daily routine. My tip is, if all that sounds good to you, keep smoking.

[Announcer] Smoking can cause colorectal cancer. Screening saves lives. You can quit smoking. For free help, call 1-800-QUITNOW.

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.