

CDC: Tips from Former Smokers - Michael

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

I'm Michael – a Tlingit and a native of Alaska. Some people in my tribe call me a Ghost Walker. That's because smoking gave me COPD. That's a disease that makes it harder and harder to breathe – and you can die. My COPD is so bad my doctor gave me five years to live – if I'm lucky. That's why I'm called a Ghost Walker. And this is the path I have to walk down. My lungs keep getting worse. My chances of getting transplants are shrinking. And the time I have to spend with my family and all of the people I love is slipping away. This is what's left of my life now because of smoking. My tip for you is to quit smoking now and live your life as a person. Not as a walking ghost.

[Announcer] 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.