

CDC: Tips from Former Smokers – Suzy (:60)

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

[Suzy] Hi, my name is Suzy. Apparently a lot of people don't know smoking can cause a stroke. It can. It caused mine. So here's a little tip I have for you: I used to love to travel; in fact, I have lived everywhere from Los Angeles to New Jersey. When it came to vacations, there was hardly any place I didn't want to go. That was before I had my stroke and my two brain operations. Now things are very different. Now I can't leave the house by myself. I can't get out of bed by myself, and I can't drive anymore. I used to love to drive. So my tip is: Enjoy your independence, while you can.

[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 or call 1-800-CDC-INFO.