

CDC Tips From Former Smokers

Terrie

SFX: Terrie's hands-free device in between breaths.

TERRIE: I'm Terrie. Smoking gave me cancer. If you're a smoker, I have a tip for you: Make a recording of yourself now, before you have your voice box removed. I wish I had. The only voice my grandson's ever heard is this one.

ANNCR: Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention