

A Tip From A Former Smoker®

Tonya M Memorial 38 Tip :30 URL

ISCI Code: VCDC1276000H

The spot opens on the A Tip From A Former Smoker® logo and cuts to a shot of Tonya sitting. The text “Tonya, 49, North Carolina” appears on the bottom right-hand side of the screen.

TONYA M: I’m Tonya. Smoking damaged my heart so badly that I needed open heart surgery.

The spot cuts to Tonya holding heart pump.

TONYA M: Now I have a battery-operated heart pump installed inside of me.

The spot cuts to image of Tonya sitting.

TONYA M: That’s why I wear this

The spot cuts to Tonya holding her batteries.

TONYA M: These are the batteries that keep me alive.

The spot cuts to Tonya sitting.

TONYA M: My tip is stop thinking this can only happen when you get old. My heart failure happened at 38.

ART CARD: Smoking caused Tonya’s heart failure. She died at 53.

You can quit. For free help, visit [CDC.gov/tips](https://www.cdc.gov/tips)

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