
2013 - Michael's Tip (:60)

A TIP FROM A FORMER SMOKER

Michael's Voice:

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 5 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 U.S. Department of Health and Human Services and CDC.