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## 2016 - Becky's Tip (:30)

### A TIP FROM A FORMER SMOKER

#### Becky's Voice:

I'm Becky and I quit smoking, but I waited until after I got severe lung disease to do it. Since then, I've had 7 chest tubes, 2 surgeries, 1 collapsed lung and now I'm chained to this oxygen tank for the rest of my life.

My tip is; quitting can be hard. But, living with lung disease is harder.

#### Announcer:

Smoking is the leading cause of COPD.

YOU CAN QUIT, for free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.