
2016 - Brian's Heart Attack Tip (:30)

A TIP FROM A FORMER SMOKER

Brian's Voice:

I'm Brian. At 58 doctors told me I had the heart of a 37 year old man. They told me that after my heart transplant surgery. If you're a smoker here are some tips in case that happens to you. First, you have to quit smoking before you can get on a list for a transplant. So, quit now. And never feel sorry for yourself, I don't. I only feel sorry for that 37 year old man.

Announcer:

Smoking can cause heart disease.

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

A message from the Centers for Disease Control and Prevention.