
2012 – Brandon’s Shower Tip (:30)

A TIP FROM A FORMER SMOKER

Brandon’s Voice:

Hey, I’m Brandon. The disease I got from smoking led to me having both of my legs amputated. It’s called Buerger’s disease. It can destroy your skin tissue and lead to infection, gangrene, or worse. So I have a tip in case that happens to you. Take showers instead of baths and use a shower chair, you’ll find bathtubs are a lot harder to get in and out of when you don’t have legs.

Announcer:

Smoking causes immediate damage to your body.

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.