
2013 - Bill's Tip (:60)

A TIP FROM A FORMER SMOKER

Bill's Voice:

Hi, my names Bill. I've had diabetes since I was a little kid and I used to smoke. I was healthy for the most part. Still could work, do everything like everybody else. Why would I want to quit? And then all these things added up all at once within a three year gap of my life. My feet were swelling up from the kidney failure. I couldn't breathe; the fluid was building up in my lungs. My health was failing. I mean that's the bottom line.

SIGHS

It caught with me eventually. Man did it catch up with me. I've had open heart surgery, I lost my left leg, I'm blind in my right eye. I mean I am the reason people shouldn't smoke.

I've got a tip for you. If I'd have known that I'd have as many problems as I've had from the smoking I never would have started, ever.

Announcer:

Smoking makes diabetes much, much worse.

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.