

---

## 2017 – Bill’s Diabetes Tip (:30)

### A TIP FROM A FORMER SMOKER

#### Bill’s Voice:

I’m Bill. I’ve had diabetes since I was a little kid, and I used to smoke.

That’s a bad combination, but if you’re doing that, I’ve got a tip for you.

Make a list. Put the people you love at the top.

Put down your eyes, your legs, your kidneys and your heart.

#### Announcer:

Smoking makes diabetes much worse.

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

A message from the Centers for Disease Control and Prevention.