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## 2013 - Nathan's Tip (:60)

### A TIP FROM A FORMER SMOKER

#### Nathan's Voice:

I'm Nathan. My job gave me a lot. It gave me an income to support my family. It gave me purpose and pride. But the second hand smoke there triggered my severe asthma attacks, infections and lung damage. And I never smoked. It was so bad that my doctor told me I shouldn't work there anymore. I had to quit my job. But the damage was done. Now I'm so sick I can't do much of anything I used to love to do. I don't referee youth basketball anymore. I don't run or lift weights; it's too much for my body to take. Instead, I'm taking breathing treatments or oxygen. I guess you could say my job gave me a lot.

So let me give you a tip, don't let people tell you working around second hand smoke is safe.

#### Announcer:

Smoking affects more than just your health. If you or someone you know wants free help to quit smoking call 1-800-QUIT-NOW.

A message from the U.S. Department of Health and Human Services and CDC.