

***A Tip From A Former Smoker®***

**Michael P Memorial :30 URL**

**ISCI Code: VCDC1045000/H**

*The spot opens on the A Tip From A Former Smoker® logo and cuts to a shot of Michael sitting. The text “Michael, 57, Tlingit, Army Veteran, Alaska” appears on the bottom left-hand side of the screen.*

**MICHAEL P: Smoking gave me COPD, which made it harder and harder for me to breathe.**

*The spot cuts to photos of Michael’s grandchildren, then cuts to Michael sitting.*

**MICHAEL P: I have a tip for you. If your doctor gives you 5 years to live, and you’re talking with your grandchildren, explain to them that their grandpa is not going to be around anymore to share his wisdom and his love. I haven’t figured out how to do that yet and I’m running out of time**

ART CARD: Smoking caused Michael’s COPD. And his death.

You can quit. For free help, visit [CDC.gov/tips](https://www.cdc.gov/tips)

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#CDCTips

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