

A Tip From A Former Smoker®

Tonya M Memorial Plugged In Tip :30 URL

ISCI Code: VCDC1268000H

The spot opens on the A Tip From A Former Smoker® logo and cuts to a shot of Tonya sitting. The text “Tonya, 49, North Carolina” appears on the bottom left-hand side of the screen.

TONYA M: Because I smoked, I have heart failure.

The spot cuts to Tonya looking out window.

TONYA M: I had to have open heart surgery...

The spot cuts to image of Tonya sitting setting up pump, then cuts to Tonya sitting on bed.

TONYA M: ...and a battery-operated heart pump installed inside of me to keep alive.

The spot cuts to Tonya starting her heart pump.

TONYA M: At night, I have to plug myself into the wall to keep the pump working.

The spot cuts to Tonya sitting.

TONYA M: My tip is try not to be a restless sleeper.

The spot cuts to Tonya unplugging heart pump.

TONYA M: Because if you’re not plugged in, you don’t have very long to live.

ART CARD: Smoking caused Tonya’s heart failure. She died at 53.

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

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