

*Tips From Former Smokers Tips 2020/TV*

**Tonya/TV "Tonya 38 Tip" :30**

The spot opens on the *A Tip From A Former Smoker* logo and cuts to Tonya sitting in her living room speaking to the camera. We see her state (North Carolina) and age (49). She's wearing a battery backpack for her heart pump.

**TONYA:** I'm Tonya. Smoking damaged my heart so badly that I needed open heart surgery.

The spot cuts to Tonya showing her heart pump and equipment.

**TONYA:** Now I have a battery-operated heart pump installed inside of me.

The spot cuts to Tonya showing her battery backpack.

**TONYA:** That's why I wear this.

Tonya continues to show her batteries.

**TONYA:** These are the batteries that keep me alive.

The spot cuts back to Tonya sitting in her living room speaking to the camera.

**TONYA:** My tip is, stop thinking this can only happen when you get old. My heart failure happened at 38.

The spot cuts to the art card, which reads "Smoking causes Heart Disease."

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

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

**CDC LOGO**

**SPONSORED BY THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.**

**#CDCTIPS**