

*Tips From Former Smokers Tips 2020/TV*

**Tonya/Vignette “Stop In Your Tracks”**

The spot opens with an art card that says, “Stop In Your Tracks: A Former Smoker’s Story” and then cuts to Tonya talking to the camera. We see her name, age (49) and state (North Carolina).

**TONYA:** I started smoking at 16.

We cut to a photo of younger Tonya with her husband then back to her talking to the camera.

**TONYA:** When you’re diagnosed with heart failure at 38, I mean that, that’s enough to make you stop you in your tracks. Cigarette smoking got you to the point where I have to have a transplant.

We cut to Tonya walking into her pantry and grabs some soup.

**TONYA:** So, we went through the transplant testing, got put on the list. But the heart keeps declining. Luckily, there is the technology out there...

We cut back to Tonya talking to the camera.

**TONYA:** ...that can help the heart keep pushing the blood out and that’s a Left Ventricular Assist Device or an LVAD.

Tonya shows a demonstration LVAD similar to the one she has. She holds it up to her chest to show where her device is located. We then cut back to her talking to the camera.

**TONYA:** You don’t have a pump and contraction, like your heart. This one is a continuous flow of blood, which means I have no pulse.

We cut to a photo of Tonya and her family and then cut back to Tonya talking to the camera.

**TONYA:** The kids were really supportive. But still, you walk in and see your mom and she’s got drain lines everywhere. She’s got, you know, she’s on a ventilator that’s helping her breathe. She’s got IV lines everywhere. So, it was extremely hard on the kids.

We cut to a picture of Tonya and her husband.

**TONYA:** And my husband like broke down in tears. So, it was very hard on him.

We cut back to Tonya talking to the camera. We see the battery that her heart pump is plugged into, as well as her dressings.

**TONYA:** They had to learn all the equipment just like I did. We get education on the pump, the alarms. Everybody has to learn how to change the dressings.

We see Tonya walk into the kitchen and pour herself a glass of water.

**TONYA:** It kinda went from me being their caregiver to the husband and kids being mine.

**We cut back to Tonya talking to the camera.**

**TONYA:** And that's definitely not what I wanted for them. Nobody wants that for their kids.

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