



April 11, 2011 – Dallas, Texas

Quit

Today is my mother's birthday. She would have been 82 years old; I say would have been because she died 19 years ago. She died from lung cancer after smoking for over 40 years.

If you smoke cigarettes, who are you going to leave behind sooner than you should? The only thing that smoking will get you is dead. There is nothing else that I can say that would make it any clearer than that.

Quit. Right now. Don't think about it another second. Just quit.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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