


A TIP FROM A FORMER SMOKER

ALLOW EXTRA TIME TO PUT ON YOUR LEGGS.

Brandon, Age 31, Diagnosed at 18 North Dakota

Smoking causes immediate damage to your body. For Brandon, it caused Burger's disease, which cut off blood flow and led to amputation. You can quit. For free help, call 1-800-QUIT-NOW.




U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
www.smokefree.gov

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GET SUPPORT FROM FRIENDS ONLINE TO HELP YOU QUIT.

Beatrice, Quit at age 37 New York

There are a lot of reasons to quit smoking. Don't stop trying until you find yours. Beatrice did it. You can too. For free help, call 1-800-QUIT-NOW.




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A TIP FROM A FORMER SMOKER

BE CAREFUL NOT TO CUT YOUR STOMA.

Shawn, Age 50, Diagnosed at 46 Washington State

Smoking causes immediate damage to your body. For Shawn, it caused throat cancer. You can quit. For free help, call 1-800-QUIT-NOW.




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AFTER YOU HAVE A LUNG REMOVED, TAKE SHORT BREATHS.

Annette, Age 57, Diagnosed at 52 New York

Smoking causes immediate damage to your body. For Annette, it caused lung cancer. You can quit. For free help, call 1-800-QUIT-NOW.




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A TIP ABOUT SECONDHAND SMOKE

DON'T BE SHY ABOUT TELLING PEOPLE NOT TO SMOKE AROUND YOUR KIDS.

Aden, Age 7 Jessica, His mother New York

Half of U.S. kids are exposed to secondhand smoke. For Aden, it triggers his asthma attacks. Keep kids smoke-free. If someone you know wants free help, call 1-800-QUIT-NOW.




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www.cdc.gov/tobacco

A TIP FROM A FORMER SMOKER

AFTER A STROKE FROM SMOKING, GET USED TO LOSING YOUR INDEPENDENCE.

Suzy, Age 62, Diagnosed at 57 New York
Son Daniel, Caregiver

Smoking causes immediate damage to your body. For Suzy, it triggered blood clots that caused her stroke. You can quit. For free help, call 1-800-QUIT-NOW.




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A TIP FROM A FORMER SMOKER

DO YOUR HEART A FAVOR. QUIT SMOKING.

Roosevelt, Heart attack at age 45 Virginia

Smoking causes immediate damage to your body. For Roosevelt, it caused his heart attack. Your heart attack risk drops as soon as you quit smoking. For free help, call 1-800-QUIT-NOW.



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