


A TIP FROM A FORMER SMOKER

AFTER YOU HAVE A LUNG REMOVED, TAKE SHORT BREATHS.

Annette, Age 57
New York

For free help, call 1-800-QUIT-NOW.



Smokefree.gov



A TIP FROM A FORMER SMOKER

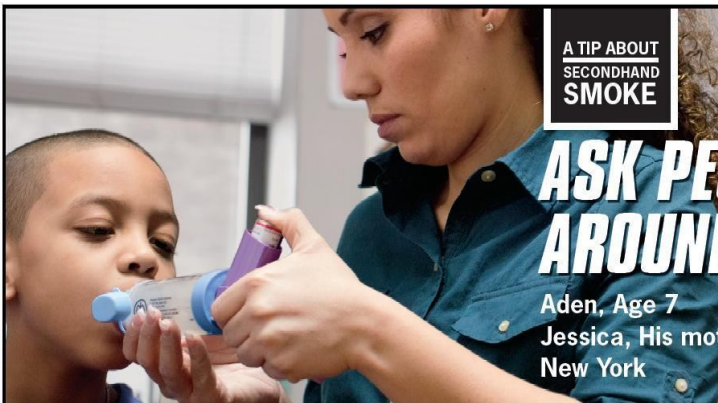
THROW AWAY YOUR ASHTRAYS AND LIGHTERS.

Beatrice, Quit at age 37
New York

For free help, call 1-800-QUIT-NOW.



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A TIP ABOUT SECONDHAND SMOKE

ASK PEOPLE NOT TO SMOKE AROUND YOUR KIDS.

Aden, Age 7
Jessica, His mother
New York

For free help, call 1-800-QUIT-NOW.



cdc.gov/tobacco



A TIP FROM A FORMER SMOKER

DO YOUR HEART A FAVOR. QUIT SMOKING.

Roosevelt, Age 51
Virginia

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
Washington State

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