

A TIP FROM A  
**FORMER  
SMOKER**

**I didn't think  
I smoked that  
much either.**

*Christine, age 55, Pennsylvania  
Diagnosed with cancer at age 44*

*Christine ate healthy foods. She exercised.*

*She felt healthy. So she didn't think  
the amount she smoked would hurt her. But,  
at 44, she was diagnosed with oral cancer.*

*And it came back twice. Now she has no  
teeth and only half of her jaw.*

**You can quit smoking.**

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

**Christine, age 39**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)

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