A TIP FROM A
FORMER SMOKER

DON'T WAIT FOR OPEN HEART SURGERY TO STOP SMOKING.

Mariano, Age 55
Illinois

Smoking can damage more than just your lungs.
Mariano needed open heart surgery to save his life.
You can quit. For free help, call **1-800-QUIT-NOW.**

#CDCTips

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