

A TIP FROM A
**FORMER
SMOKER**



**“HIV alone didn’t
cause the clogged
artery in my neck.
Smoking with
HIV did.”**

*Brian, age 45
HIV positive, had a stroke at age 43
from a clogged neck artery.
California*

**YOU CAN QUIT.
TALK WITH YOUR
HEALTH CARE TEAM
FOR HELP.**



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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