

A TIP FROM A
**FORMER
SMOKER**

**Jokes about having gas are funny.
Until they find a tumor in your colon.**

Julia, age 58, Mississippi

**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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