

A TIP FROM A
**FORMER
SMOKER**

**“I never thought
smoking would
do this.”**

*Roosevelt, age 51
Suffered a heart attack at age 45.
Virginia*



**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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