

A TIP FROM A
**FORMER
SMOKER**

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

*Rose, age 59
Diagnosed at 58 with lung cancer,
which spread to her brain.
Texas*



**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)

#CDCTips