

A TIP FROM A
**FORMER
SMOKER**

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

*Shawn, age 50
Diagnosed at 46 with throat cancer.
Washington*



**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

