

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  
PHARMACIST  
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

