

A TIP FROM A  
**FORMER  
SMOKER**

# ***DO YOUR HEART A FAVOR. QUIT SMOKING.***

Roosevelt, Heart attack at age 45  
Virginia

Smoking causes immediate damage to your body. For Roosevelt, it caused his heart attack. Your heart attack risk drops as soon as you quit smoking. For free help, call **1-800-QUIT-NOW.**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[www.smokefree.gov](http://www.smokefree.gov)