

A TIP FROM A  
**FORMER  
SMOKER**

***IF YOU SMOKE WITH  
DIABETES, PLAN  
FOR AMPUTATION,  
KIDNEY FAILURE,  
HEART SURGERY ...  
OR ALL THREE.***

Bill, Age 40  
Michigan

Smoking makes diabetes much worse. You can quit.  
For free help, call **1-800-QUIT-NOW**.

#CDCTips



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