

A TIP FROM A
**FORMER
SMOKER**



**When you have
an ostomy bag,
use extra tape to
cut down on leaks.**

Mark, age 47, California



*Mark smoked and got rectal cancer.
His ostomy bag was taped over a hole
in his stomach. That's where his
bowel movements went. Mark had to
wear a bag after his surgery to remove
his tumor. Mark didn't know smoking can
cause colorectal cancer. Now you do.*

You can quit smoking.

CALL 1-800-QUIT-NOW.



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

#CDCTips