

A TIP FROM A
**FORMER
SMOKER**

**When you have
to get a needle
stuck in your eye,
look as far away
as possible.**

Marlene, age 68, New York

Macular degeneration is a leading cause of blindness. And smoking doubles your chances of getting it. That's what happened to Marlene. To save her vision, she has to have eye injections every month.

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

