

A TIP FROM A  
**FORMER  
SMOKER**

**Those things you say  
will never happen to you?  
They happen.**

*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.*

*Screening saves lives.*

**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**