

A TIP FROM A
**FORMER
SMOKER**

TM



**If you feel attached to your cigarettes,
just wait until you have an oxygen tank.**

Becky, age 54, Ohio

Becky was diagnosed with COPD when she was only 45 years old. She has emphysema, chronic bronchitis and a collapsed lung. Now she's chained to an oxygen tank 24/7. All because she smoked.

You can quit smoking.

**For free help, 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

