

A TIP FROM A
**FORMER
SMOKER**

TM



**18 years in the military
and my biggest battle
was against cigarettes.**

*Brian, age 60
Air Force Veteran
Texas*

Brian smoked and got heart disease. He went from serving his country overseas to spending his life in emergency rooms and operating rooms. Finally, he quit smoking and, years later, got a heart transplant that saved his life.

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**

#CDCTips

