

A TIP FROM A
**FORMER
SMOKER**

BE CAREFUL NOT TO CUT YOUR STOMA.

Shawn, Age 50, Diagnosed at 46
Washington State

Smoking causes immediate damage to your body.
For Shawn, it caused throat cancer. You can quit.
For free help, call **1-800-QUIT-NOW.**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
www.smokefree.gov