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
CDC.gov/tips