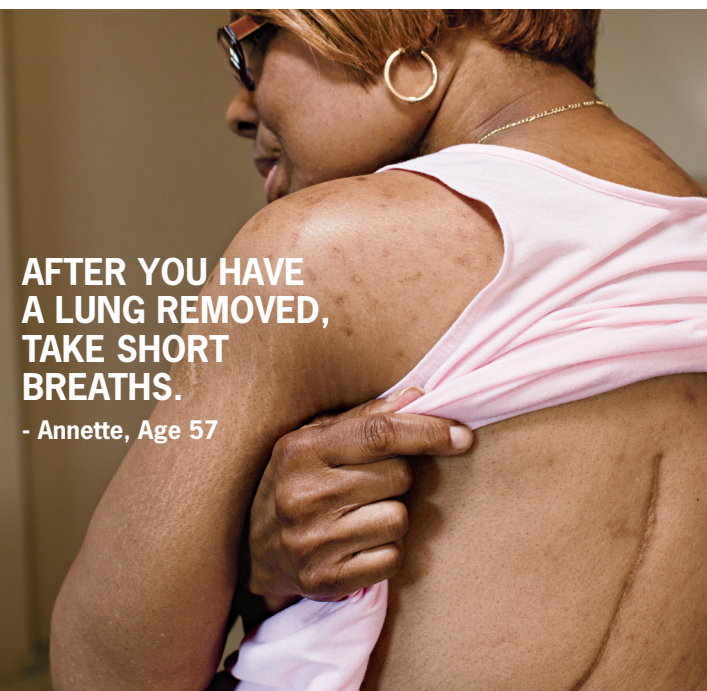


# CUT OUT SMOKING OR RISK HAVING SOMETHING ELSE CUT OUT.

Every cigarette smoked causes immediate damage to a body—severely increasing the possibility of cancer, diabetes and more. But what does that really mean? To help understand the real effects of smoking, the Centers for Disease Control and Prevention (CDC) has asked real former smokers to share their stories.



**AFTER YOU HAVE A LUNG REMOVED, TAKE SHORT BREATHS.**

- Annette, Age 57

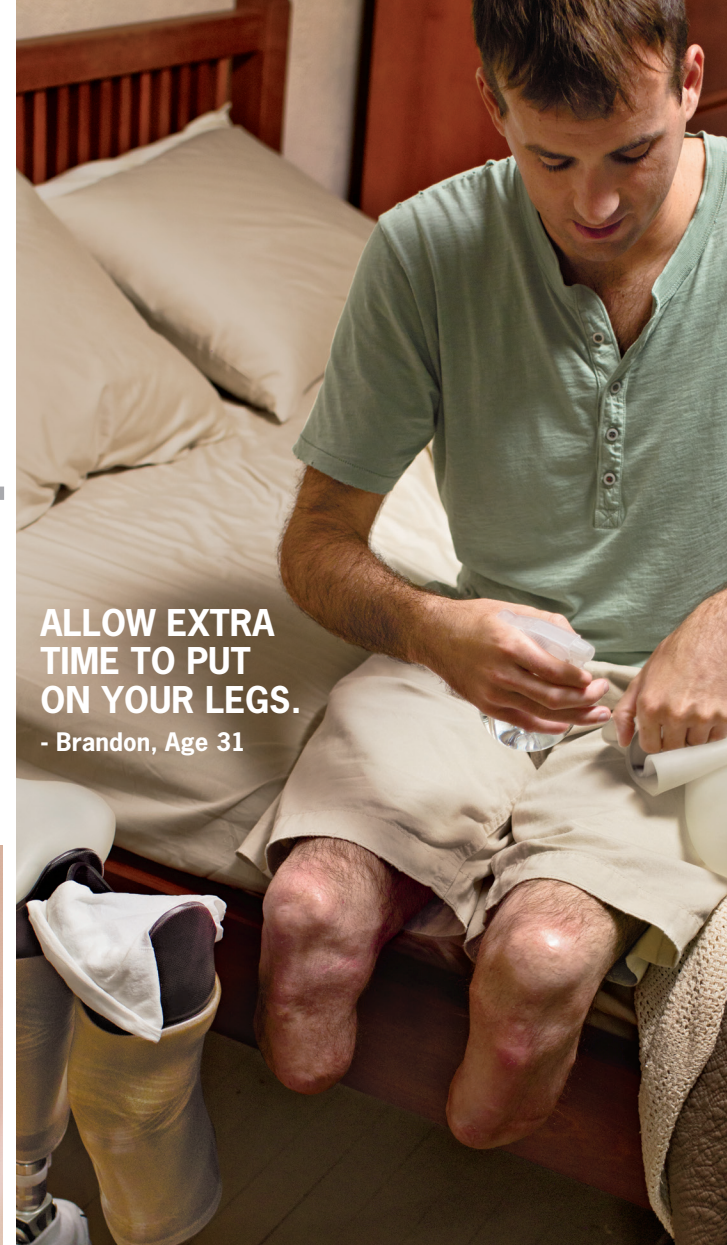
**Annette** smoked occasionally as a teen, and by 20, was a regular smoker. Thanks to the urging of her granddaughter, Annette quit smoking at the age of 50, however, three decades of smoking had already led to cancer. At 52, Annette was diagnosed with lung cancer so advanced it was necessary to remove one of her lungs. A few years later, she had surgery for oral cancer as well. While she's cancer-free today, Annette still has to deal with the repercussions of her smoking every day.

**Shawn**, a smoker for over 30 years, was in his mid-forties when a chronic cough and laryngitis turned out to be throat cancer. He endured 38 radiation treatments and hours at the doctor's office, but they were unable to save his larynx. He now has a stoma (opening) that allows him to breathe and a laryngeal implant that allows him to speak. "It's a rough road," he says. "I wouldn't like to see anyone else go through what I've gone through, because it affects you the rest of your life."



**BE CAREFUL NOT TO CUT YOUR STOMA.**

- Shawn, Age 51



**ALLOW EXTRA TIME TO PUT ON YOUR LEGS.**

- Brandon, Age 31

**Brandon** started smoking in his mid-teens. By 18, he was diagnosed with Buerger's disease, a disorder linked to tobacco use that causes blood vessels in the hands and feet to become blocked and can result in infection or gangrene. "I was young. I was going to prove the doctors wrong," says Brandon. "Ultimately, it took 9 years and the amputation of both my legs and several fingertips for me to quit smoking. You just don't know the consequences of that next cigarette."

**Free quitting services are just a call away.**

Call the free ASQ Vietnamese Quit-Smoking Center now and receive free quitting services in Vietnamese. Double your chances of quitting successfully with one-on-one advice over the phone, a free starter kit of nicotine patches, and self-help quitting materials to begin your first step of breaking smoking addiction.

**FREE  
NICOTINE  
PATCHES**

**FREE ASQ VIETNAMESE  
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