

A TIP FROM A
**FORMER
SMOKER**

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***DON'T WAIT FOR
OPEN HEART SURGERY
TO STOP SMOKING.***

**Mariano, Age 55
Illinois**

Smoking can damage more than just your lungs.
Mariano needed open heart surgery to save his life.
You can quit. For free help, call **1-800-QUIT-NOW**.

#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)