

A TIP FROM A  
**FORMER  
SMOKER**

**Walking every day  
makes me feel  
like myself again.  
Well, almost.**

*Sharon, age 58, Illinois  
Diagnosed with cancer at age 37*

*Sharon smoked. She quit, but not before she got throat cancer. The tumor made breathing hard so she couldn't walk much. Since her voice box was removed she breathes through her neck. She knows her life will never be like it used to be.*

**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](https://www.cdc.gov/tips)**

#CDCTips

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