

A TIP FROM A  
**FORMER  
SMOKER**

™

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

Annette, Age 57, Diagnosed at 52  
New York

Smoking causes immediate damage to your body.  
For Annette, it caused lung 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](https://www.cdc.gov/tips)