

A TIP FROM A
**FORMER
SMOKER**

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ALLOW EXTRA TIME TO PUT ON YOUR LEGS.

Brandon, Age 31, Diagnosed at 18
North Dakota

Smoking causes immediate damage to your body. For Brandon, it caused Buerger's disease, which cut off blood flow and led to amputation. 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)