

A TIP FROM A
**FORMER
SMOKER**[®]

**I had never heard of
peripheral artery disease
until I got it from smoking.**

Elizabeth B., 62, Texas

Peripheral artery disease (PAD) is a narrowing or blockage of the vessels carrying blood from the heart to the legs or arms. PAD can be caused by smoking and will make walking painful for the rest of Elizabeth's life. Quitting smoking has helped prevent her PAD from getting worse.

**You can quit.
For free help, call 1-800-QUIT-NOW**



Scan for free resources
to help you quit smoking

