

A TIP FROM A
**FORMER
SMOKER**[®]

**Turns out, there's nothing minty
or fresh about heart attacks
caused by smoking menthols.**

Noel S., age 42, New York

Noel smoked menthol cigarettes. He didn't realize that, despite their cooling sensation, menthol cigarettes are just as harmful as other cigarettes. Noel had a heart attack from smoking at just 36 years old.

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



Scan for free resources
to help you quit smoking

