

A TIP FROM A
**FORMER
SMOKER**

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AFTER A STROKE FROM SMOKING, GET USED TO LOSING YOUR INDEPENDENCE.

Suzy, Age 62, Diagnosed at 57
New York
Son Daniel, Caregiver

Smoking causes immediate damage to your body.
For Suzy, it triggered blood clots that caused her stroke.
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)