

A TIP FROM A
**FORMER
SMOKER**

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***IF YOU SMOKE WITH
DIABETES, PLAN
FOR AMPUTATION,
KIDNEY FAILURE,
HEART SURGERY ...
OR ALL THREE.***

Bill, Age 40
Michigan

Smoking makes diabetes much worse. You can quit.
For free help, call **1-800-QUIT-NOW**.

#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)