

SMOKING CAN LEAD TO LOTS OF BROKEN HEARTS—YOURS INCLUDED.

Every cigarette smoked causes immediate damage to a body—severely increasing the possibility of a heart attack or stroke. But what does that really mean? To help understand the real effects of smoking, the Centers for Disease Control and Prevention (CDC) has asked real former smokers to share their stories.



**DON'T WAIT FOR
OPEN HEART
SURGERY TO STOP
SMOKING.**

- Mariano, Age 55

Mariano was 47 when he woke up feeling dizzy and sick. He went to his doctor, on the verge of having a heart attack. "He told me, 'You have a very big problem with your arteries.'" Three days later, Mariano had open-heart surgery. He didn't realize the damage years of smoking was having on his health. "The open-heart surgery I had in 2004 was brutal," he recalls. Mariano says he is paying the price for smoking, having to constantly monitor his health and take medications the rest of his life.

Roosevelt started experimenting with cigarettes in his teens. At 45, Roosevelt had a heart attack that landed him in the hospital for a month. To repair the damage, doctors inserted stents into his heart. When that wasn't enough, he had bypass surgery—six bypasses in all. "I wish I never smoked," he says. "Everybody thinks health problems won't happen to them, but they happen to so many people. You could be next."



**DO YOUR
HEART A
FAVOR. QUIT
SMOKING.**

- Roosevelt, Age 45



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

- Suzy, Age 62

Suzy came from a family of smokers. "My mother, father, grandparents—the whole family did it," she says. So it wasn't unusual, when she began sneaking cigarettes at age 15. By age 57, Suzy suffered a stroke, which doctors linked to her years of smoking. The stroke caused partial paralysis and problems with her speech and eyes. It also cost Suzy her independence. Now 62, she relies on her son Daniel as her caregiver. "I need someone to help wash and dress me, to help me to the bathroom."

Free quitting services are just a call away.

Call the free ASQ Korean Language Smoking Cessation Center now and receive free quitting services in Korean. Double your chances of quitting successfully with one-on-one advice over the phone, a free starter kit of nicotine patches, and self-help quitting materials to begin your first step of breaking smoking addiction.

**FREE
NICOTINE
PATCHES**

**FREE ASQ KOREAN LANGUAGE
SMOKING CESSATION CENTER**

1-800-556-5564



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