

ARE YOU READY?

YOUR BODY IS

LUNGS

Smoking can lead to chronic obstructive pulmonary disorder (COPD)—the nation's third leading cause of death.

MOUTH, THROAT, & STOMACH

Smokeless tobacco can cause cancer of the mouth, esophagus, and pancreas.

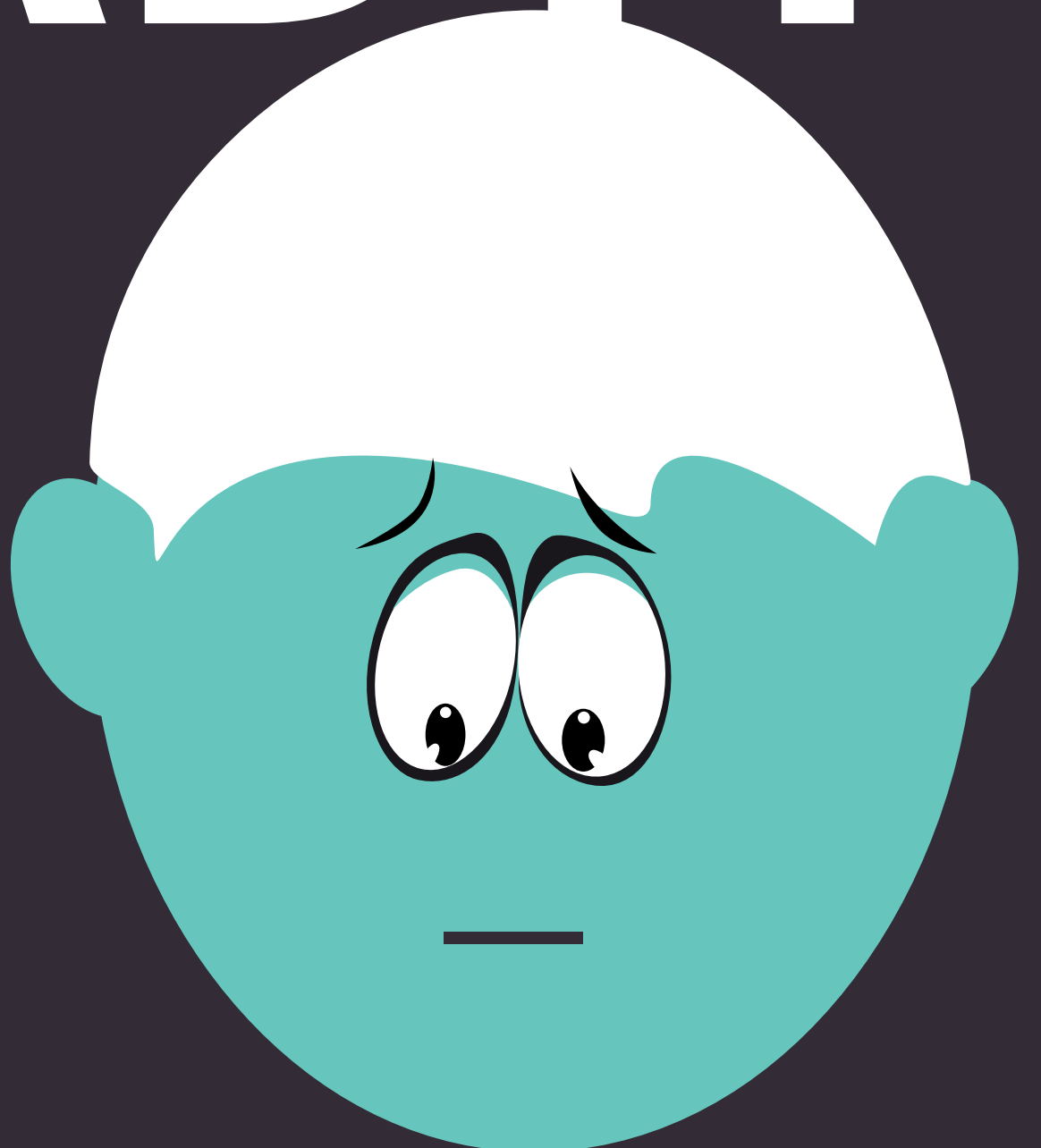
SKIN

Smoking can make your skin dry, appear dull and grayish, and become wrinkled, adding years to your face.

BE A QUITTER

THE PATH TO A SMOKE-FREE YOU IS JUST A CLICK AWAY...

FOH.HHS.GOV/QUIT



PSC

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