

A TIP FROM A
**FORMER
SMOKER**

TM

**Those things you say
will never happen to you?
They happen.**

Mark, age 47, California



Mark smoked and got rectal cancer. His ostomy bag was taped over a hole in his stomach. That's where his bowel movements went. Mark had to wear a bag after his surgery to remove his tumor. Mark didn't know smoking can cause colorectal cancer. Now you do.

Screening saves lives.

You can quit smoking.

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)

#CDCTips