

A TIP FROM A  
**FORMER  
SMOKER**

# Oral cancer can affect more than just your mouth.

*Christine, age 55, Pennsylvania  
Diagnosed with cancer at age 44*

At 44, Christine didn't know about oral cancer. She didn't know she'd need reconstructive surgery. That they'd need skin grafts from her arm, or that when her body rejected her new jaw, they'd need skin and muscle from her shoulder, chest and neck.

**You can quit smoking.**

**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)

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