

A TIP FROM A
**FORMER
SMOKER**

™

**You think about your
teeth a lot more when
you don't have any.**

Felicita, age 54, Florida



*If you smoke, you could get gum disease that
can lead to tooth loss. Like Felicita did.
She had to have 23 teeth removed at once.
The physical pain has gotten a little better
over time. Her emotional pain? That's something
she still deals with every day. You can quit.*

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

