

Tips From Former Smokers – Kristy (2016)

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Kristy] I'm Kristy. I'm a truck driver and I'm on the road a lot. I used to pass the time in my truck smoking cigarettes. But then I got that smoker's cough, and I had severe shortness of breath. And I knew I had to quit.

First I tried e-cigarettes as a way to cut back. I thought cutting down might be enough. And while I smoked less, I never did stop smoking regular cigarettes completely.

But then my lung collapsed. And the doctors had to glue my lung to my chest to keep it from collapsing again. I was only 33 years old. That's when I really quit smoking.

Now, when I'm on the road, I pass the time eating sunflower seeds. My tip is, if you don't want to have your chest cut open, don't just cut down on cigarettes. Quit completely.

[Announcer 2] Smoking even a few cigarettes a day is dangerous. You *can* quit. For free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.