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## 2016 - Kristy's Tip (:60)

### A TIP FROM A FORMER SMOKER

#### Kristy's Voice:

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 am 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:

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.