I started using e-cigarettes but kept smoking. Right up until my lung collapsed.

Kristy, age 35, Tennessee

Kristy had smoker’s cough and severe shortness of breath. She tried using e-cigarettes to cut down on her smoking.

She thought cutting down would make her feel better, but it didn’t. She kept smoking cigarettes until her lung collapsed.

Even smoking a few cigarettes a day is dangerous.

You can quit smoking.

CALL 1-800-QUIT-NOW.