

Quitting smoking: the benefits

Quitting smoking improves the quality and length of your life. Immediately after your **last cigarette**, your body will feel the benefits.



Choose better fertility

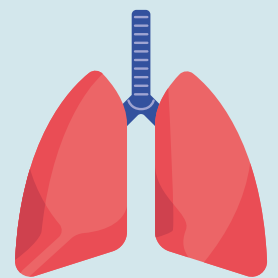
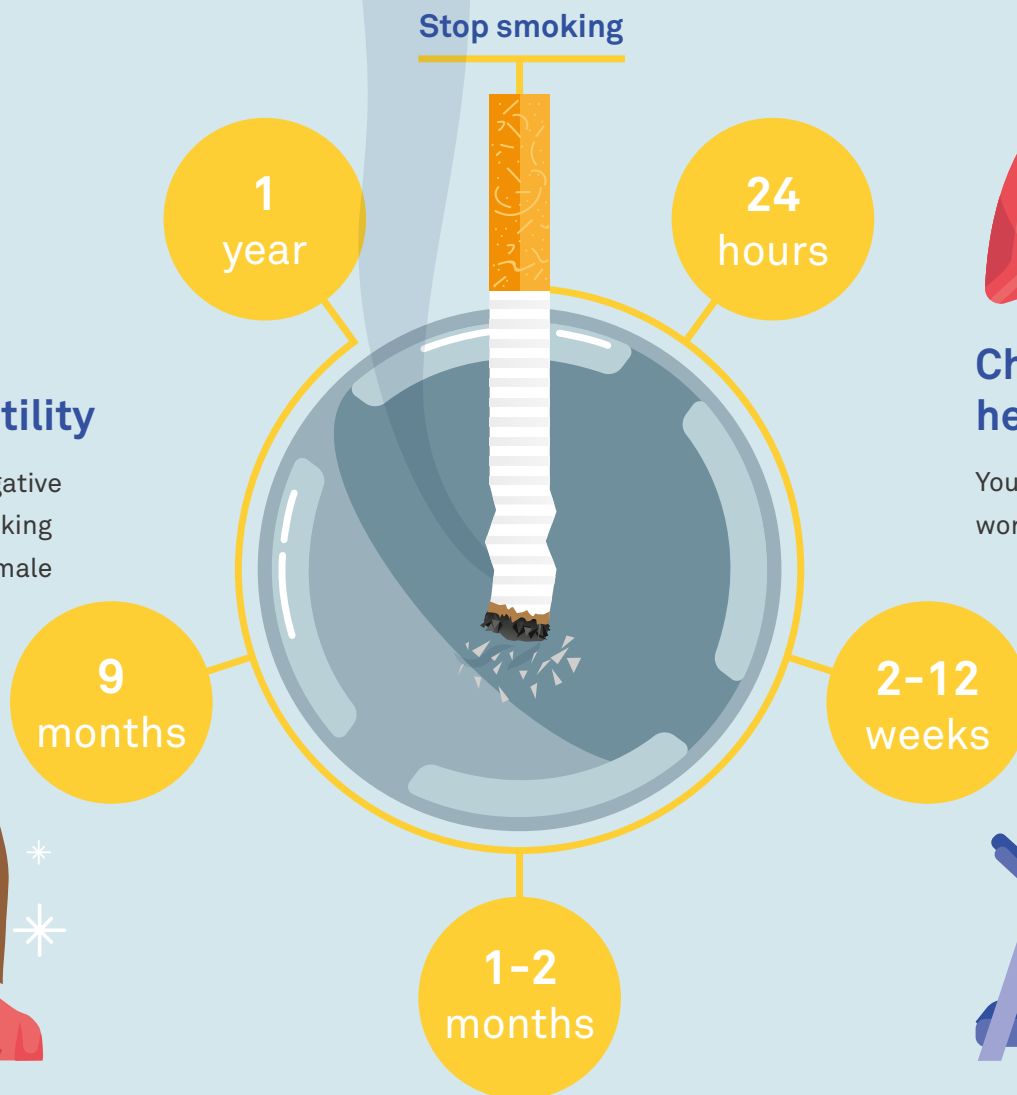
Most of the negative impacts of smoking on male and female fertility will be reversed.⁵



Choose to feel young

Your skin will be rejuvenated – you could look 13 years younger.⁴

Stop smoking



Choose healthy lungs

Your lungs will work better.¹



Choose more energy

Your blood circulation will improve, making physical activity easier... this will also give you more energy.²



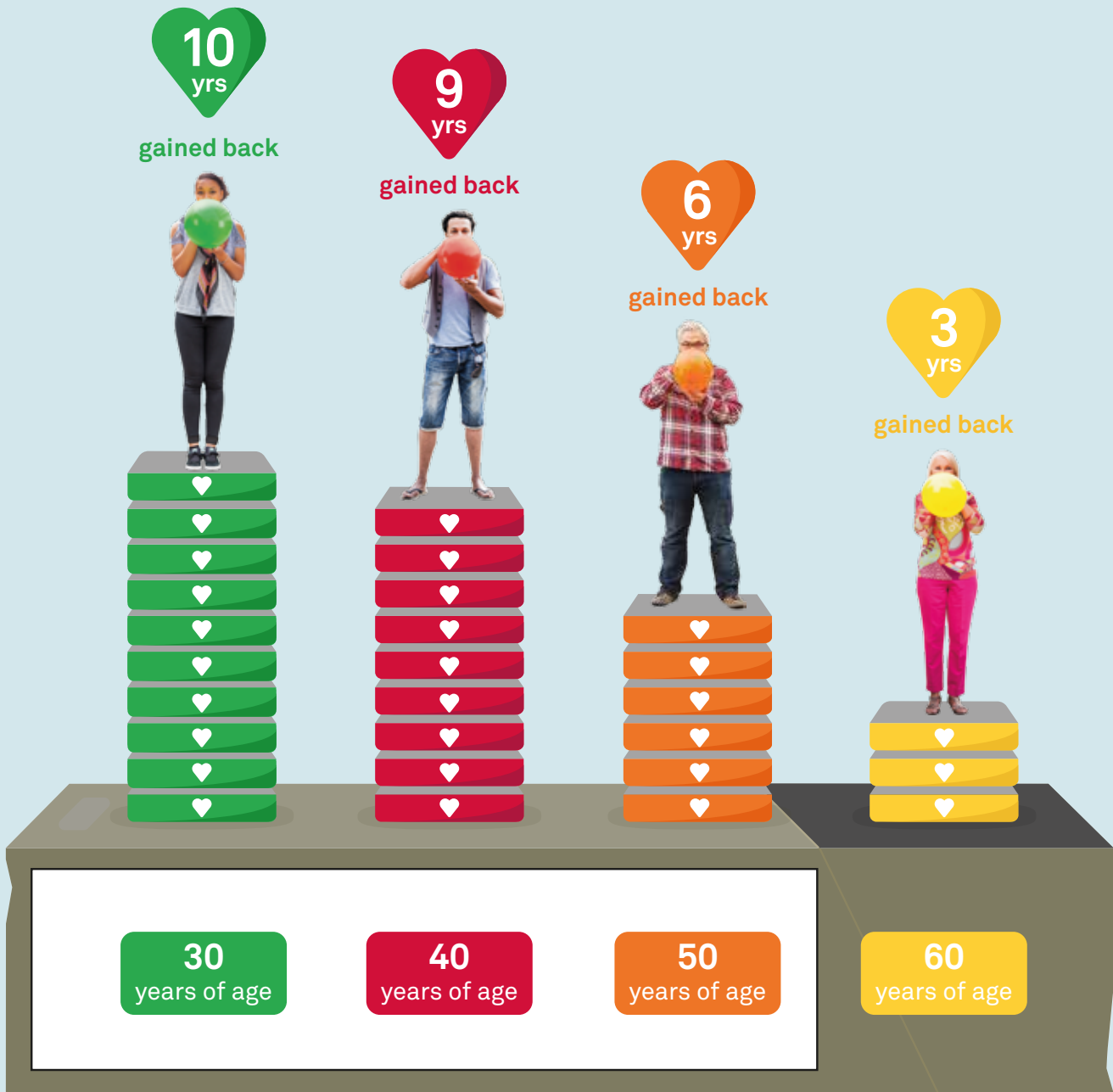
Choose to cough less

Cough, phlegm and wheeze decrease.³

Choose a longer life

How many years can be gained back?

Additional years added to your life expectancy if you quit smoking at these ages.⁶



Sources

1 and 2. US Department of Health and Human Services. The health consequences of smoking: a report of the surgeon general. Atlanta, 2004. www.surgeongeneral.gov/library/reports/50-years-of-progress/full-report.pdf
3. Willemsse BWM, et al. The impact of smoking cessation on respiratory symptoms, lung function, airway hyperresponsiveness and inflammation. *Eur Respir J* 2004 23: 464-476. 4. Serri R, et al. "Quitting smoking rejuvenates the skin": results of a pilot project on smoking cessation conducted in Milan, Italy. *Skinmed* 2010; 8: 23-29. 5. Smoking and infertility. *Fertil Steril* 2004; 81: 1181-1186. 6. Doll R, et al. Mortality in relation to smoking: 50 years' observations on male British doctors. *BMJ* 2004; 328: 1519-1527.



This document was produced with the aim of helping healthcare professionals explain the benefits of quitting smoking to their patients. It was produced by the European Respiratory Society (ERS) Tobacco Control Committee and the European Lung Foundation (ELF) as part of the Healthy Lungs for Life campaign.

Find out more at:
www.healthylungsforlife.org