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

Choose better fertility
The negative impact of smoking on male and female fertility will be reversed.⁵

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

Stop smoking

1 year
9 months
1-2 months
24 hours
2-12 weeks
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

10 yrs 9 yrs 6 yrs 3 yrs
gained back gained back gained back gained back

30 years of age 40 years of age 50 years of age 60 years of age

Ask your healthcare professional about where you can find support to quit smoking.

Sources

Find out more at:
www.healthylungsforlife.org

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.