

Philippe, 52 years old, smoker since the age of 12
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Belgium

"After my doctor advised me to stop smoking, I rang 0800 111 00, the Tobacco-Stop Line.

The tobacco expert advised me to use a nicotine substitute, and also told me that I could always call him when I needed to.

Since the desire to smoke was really strong, the first few weeks were hard and I was in a very bad mood.

Today, six months later, my wife and children are delighted. There's no longer a smell of tobacco in the house, and I've rediscovered the pleasure of playing football with my son. I feel better physically. And on the other hand, the fact that I finally succeeded in stopping smoking has restored my self-confidence."

Une initiative de l'Union Européenne

