

Geert and Marijn, 24 and 19 years old, have decided to stop smoking **17/08/2005**

Belgium

Geert started smoking at the age of 15. Marijn's first experience with tobacco was when he was just 14. Smoking had become a daily habit for both of them. Several friends had stopped smoking recently, and the two brothers took up the challenge to live the rest of their lives without tobacco. Marijn succeeded in quitting. Geert fell back into the old routine after a few days and made a second attempt with the help of the Tobacco Stop Team. He was advised by email that the use of nicotine patches would help reduce the craving for a cigarette. Now Geert, too, has been a non-smoker for more than 6 months! Do you want to quit smoking and wish to receive more information? Then call 0800-11100 or send an email to

takakstop@kanker.be.



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