

**After 32 years: finally a non-smoker!**  
**13/05/2005**

Germany

"My name is Karl-Heinz Evers. I live in Lübeck and I'm 53 years old. For 32 years I have been smoking 50 cigarettes a day, indeed more, and I benefited from the "Live without smoke 2004" campaign (a campaign run by the Deutschen Krebsforschungszentrums (Cancer Research Centre) and the Bundeszentrale für gesundheitliche Aufklärung (Federal Organisation for health education)) to put an end to my "smoker's career". The first few weeks were hard for me: I was very irritable; I went for long walks and watched my diet. The advice from the telephone help line for smokers helped me cope. Now, I can no longer imagine how my life was before. Health problems, money gone up in smoke, the persistent smell that however much you try to get rid of it by airing you can't, all that is in the past."



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Une initiative de l'Union Européenne

