

## Marga Bulthuis' story

13/05/2005

Netherlands

Marga Bulthuis is 48. She works part time in a ready-to-wear boutique and has 4 children.

"5 months ago, I called the anti-tobacco line STIVORO. I pinned all my last hopes on them.

A few weeks earlier, I had seen their telephone number on a packet of cigarettes. But as I was putting off calling them, I ended up losing it. Every time I bought a packet of cigarettes, I hoped I'd come across the number again. When I did finally find a packet with the number, I rang straight away.

I had a pleasant telephone conversation with the STIVORO advisor. Together, we examined my previous attempts to stop smoking, and we concluded that phone coaching would probably be the nudge in the right direction to stop me smoking forever.

Today, 5 months later, I still haven't smoked, and I know that if ever I have any problems, I can call 0900 9390"



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