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My history as a smoker started at age fourteen and ended initially on my 30th birthday, until it was continued again seven years later on the occasion of an end-of-congress party. I quit for good two years later. Apart from expected damage to my health, it was mostly the high degree of dependence on cigarettes which made me give up smoking.

Today I know that many activities and experiences, which smokers associate with the consumption of a cigarette, are actually better and more enjoyable without nicotine. In spite of considerable stress in my professional life, I have never started smoking again and even managed to convince my wife to quit. Thankfully, my children never started.



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