Relevant news and research
7.1 Health and other benefits of quitting

Last updated May 2019

Research:


Tobacco in Australia
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7.1.1 Health problems that may be temporarily exacerbated by quitting


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7.1.2 Quitting and weight gain


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7.1.3 Immediate health effects of quitting


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7.1.4 Short to medium-term reductions in health risks following quitting


SSY, A LHarthi, Natto, ZS, Midle, JB, Gyruko, R, O'Neill, R, Steffensen, B. Association between time since quitting smoking and periodontitis in former smokers in the National Health and Nutrition
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7.1.4.1 Problems during pregnancy


7.1.4.2 Diseases for which the risk quickly declines


7.1.5 Medium to long-term health benefits of quitting


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7.1.7 Other benefits of quitting


News reports:


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