Relevant news and research

7.1 Health and other benefits of quitting

_Last updated September 2019_

**Research:**


7.1.1 Health problems that may be temporarily exacerbated by quitting


7.1.2 Quitting and weight gain


Linke, SE, Strong, DR, Myers, MG, Edland, SD, Hofstetter, CR, & Al-Delaimy, WK. Re: Letter to the Editor of Public Health in response to ‘The relationships among physical activity, sedentary behaviour, obesity, and quitting behaviours within a cohort of smokers in California’. Public Health,
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after smoking cessation. J Atheroscler Thromb, 2016. Available from: 


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

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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

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News reports:


7.1.3 Immediate health effects of quitting

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


7.1.5 Medium to long-term health benefits of quitting


7.1.7 Other benefits of quitting
