Relevant news and research

7.1 Health and other benefits of quitting

Last updated January 2019

Research:


Tobacco in Australia
Facts & Issues


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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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Facts & Issues


Yannakoulia, M, Anastasiou, CA, Zachari, K, Sidiropoulou, M, Katsaounou, P, Tenta, R. Acute effect of smoking and smoking abstinence on energy intake and appetite-related hormones blood


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7.1.3 Immediate health effects of quitting


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


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7.1.4.1 Problems during pregnancy

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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:


Tobacco in Australia
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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
