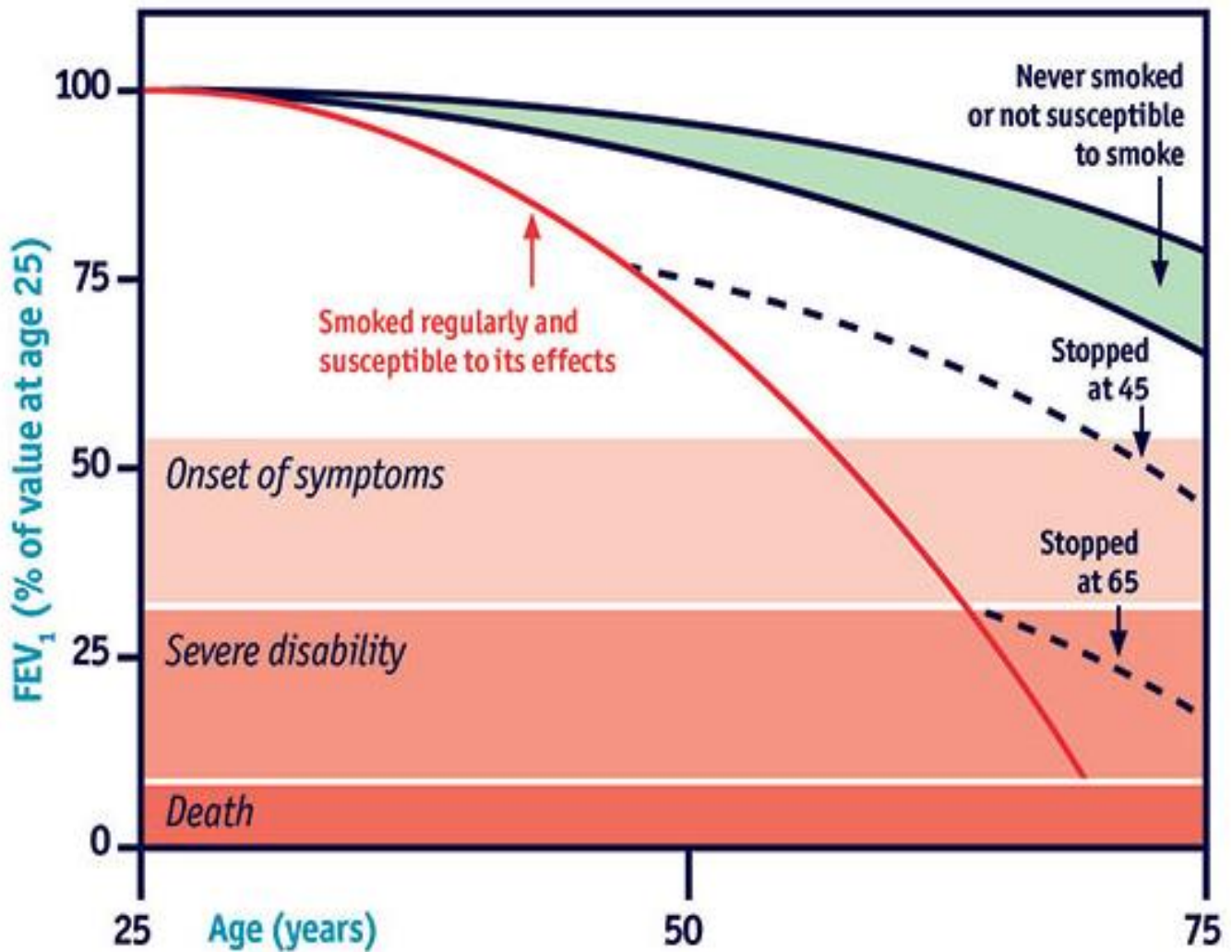


The NicoBloc Challenge

Stop Smoking – Live Longer!

Quitting smoking at any age increases the chances of living a longer and healthier life



The graph shows the relative decline in lung function and the benefits of stopping at any age

An FEV₁ score shows how much air you can expel from the lungs in the first second of breathing out. Here, it is shown as a percentage of the normal level for a person aged 25. FEV₁ is measured by a spirometry test and can help diagnose COPD, or tell how severe it is.