

# Benefits when smokers quit

20 minutes	Blood pressure comes down to normal
8 hours	Carbon monoxide drops to normal
24 hours	Sense of smell and taste are improved
2 weeks	Cough/dyspnea resolving
9 months	Coughing & congestion reduced, energy increases
1 year	Risk of heart disease is half that of a smoker
5 years	Stroke risk is equal to non-smoker
10 years	Cancer of throat, lungs, and mouth are cut by 50%
10-15 years	No increased risk of heart disease
10-15 years	Mortality rates are same as never smokers



IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit. For more information about AHEC or to register for classes in your county, please call or visit our website.

[www.ahectobacco.com](http://www.ahectobacco.com)

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