BENEFITS OF QUITTING

20 MINUTES
after you quit smoking, your blood pressure decreases.

8 HOURS
after you quit smoking, your blood oxygen levels return to normal.

3 MONTHS
after you quit smoking, your lung function improves up to 30%.

1 YEAR
after you quit smoking, your risk of heart attack is cut in half.

5 YEARS
after you quit smoking, your risk of mouth, throat, esophagus, and bladder cancer is cut in half.

10 YEARS
after you quit smoking, your risk of dying from lung cancer is about half that of a smoker’s.

15 YEARS
after you quit smoking, your risk of coronary heart disease is that of a non-smoker’s.

Call Tobacco Free Florida at 1-877-U-CAN-NOW