

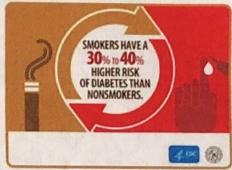


Informed to Quit. Inspired to Quit. Quit with AHEC

1-877-848-6696 | www.ahectobacco.com



The chemicals in cigarette smoke contribute to diabetes by not allowing insulin to do its job. The inflammation caused by smoking decreases the action of insulin, so all the sugars stay in the blood stream





Quitting tobacco isn't easy. Finding help should be. Check out the free tools and services to help you get started. No judgements. Just help. IQUIT w/ AHEC: 1-877-848-6696 Quit Coach: 1-877-822-6669 Web Quit: ahectobacco.com

tobaccofreeflorida.com

Diabetic smokers should quit smoking or using any type of tobacco product immediately. The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Insulin becomes more effective in as little as eight weeks after a smoker quits.

- 20 Minutes after quitting your blood pressure decreases
- 8 Hours later, your blood oxygen level returns to normal.
- 3 Months later, your lung function improves up to 30%.
- 1 Year later, your risk of heart attack is cut in half.
- 10 Years later, your risk of dying from lung cancer is about half that of a smoker's.
- 15 Yearls later, your risk of coronary disease is that of a non-smoker's.