Smoking & Diabetes Facts
You Should Know

♦ Smoking cuts oxygen, raises cholesterol and fats, and damages and narrows blood vessels.
  ▷ These changes can easily cause heart attacks, strokes, miscarriage and stillbirth.
  ▷ These changes can make leg ulcers worse and lead to leg and foot infection.

♦ Smokers with diabetes are more likely to get nerve damage (neuropathy) and kidney disease.

♦ Smokers get colds and respiratory infections easier causing blood sugar to go up and down and making it harder to control blood sugar.

♦ Smoking doubles your chance of getting aching joints which make it harder and more painful to move.

♦ Smoking raises your blood pressure.

♦ Smoking raises blood sugar levels making it harder to control diabetes.

♦ Smoking can cause cancer of the mouth, throat, lung, bladder, and other cancers.

♦ People with diabetes who smoke are 3 times as likely to die of heart attacks and strokes as people with

95% of people with diabetes who need amputations are smokers!!

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Quitting smoking now can really improve your overall health and your blood sugar control!!
It is never too late to quit smoking. Your risk of a heart attack will improve the day you quit and your whole body will get better with time.

**To talk to a local cessation counselor, call (   ) ______-__________.

Adapted from the Indiana State Department of Health Facts Sheet, facts from American Diabetes Association, 1997.

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