

# 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 !!**

**TALK TO A COUNSELOR TO GET HELP TO QUIT SMOKING. \*\***

Remember to tell your doctor if you are quitting. S/he may want to change your insulin or diabetes pill since you are quitting. If you are being treated for high blood pressure or high cholesterol s/he may want to lower or change your medication.

***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.