



## Diabetes: Another reason to quit

Tobacco has many bad health effects, especially for people with diabetes.

No matter how long you have smoked, your health will get better when you quit.



### Diabetes and Smoking Problems can get worse

- Smoking doubles the damage from diabetes because it damages the arteries
- Diabetic smokers are more likely to get nerve damage and kidney disease
- Diabetic smokers are 3 times more likely to die of heart disease
- Smoking raises the blood sugar level making it harder to control diabetes
- Smoking weakens the action of insulin
- Smoking increases the risk of getting diabetes

### The benefits of quitting are big

#### Diabetes and Quitting

- Better blood sugar control
- Better circulation
- Improves the action of insulin
- Less risk of having diabetic nerve and kidney problems
- Lowers blood pressure
- Lowers cholesterol

### After you quit

#### Talk with your doctor about:

- Weight gain or diet changes
- Changing your insulin dose
- Changing your diabetes pill schedule
- Changing other medicines like high blood pressure or high cholesterol medicines

