

Know the Risks

SMOKING & DIABETES

Smoking causes many health problems like cancer and heart disease. However, smoking cigarettes can create other serious and life-threatening health issues. Smoking can also put you at risk for developing diabetes and increase complications if you already have diabetes.

West Virginia
**TOBACCO
QUIT LINE**
1-800-QUIT-NOW 1-877-966-8784

division of
**TOBACCO
PREVENTION**
West Virginia Department of Health and Human Resources
Bureau for Public Health



WEST VIRGINIA TOBACCO
CESSATION
PROGRAM
West Virginia Department of Health and Human Resources



West Virginia Department of Health and Human Resources
Bureau for Public Health
Office of Epidemiology and Health Promotion
Division of Tobacco Prevention Cessation Program

350 Capitol Street, Room 514
Charleston, WV 25301
Phone: (304) 356-4193
Toll Free in WV: 1-866-384-5250
www.wvntp.org
www.wvquitline.com



West Virginia Department of
Health and Human Resources

About Diabetes



Diabetes occurs when the body does not produce enough of the hormone insulin, produce it well, or both. When your body is not getting enough insulin, glucose (sugar) starts to build up in your blood.

Over time, this can lead to a stroke, heart disease, kidney disease, blindness, nerve damage and amputation.

Smoking and Diabetes

Smoking and diabetes are both known to create many health risks. But if you have diabetes, smoking can put your health in even greater danger. If you already have diabetes, smoking can cause these additional health problems:

- Smoking affects how your body responds to insulin. It causes an increase in your glucose levels and can create serious problems if you have diabetes.
- Smoking could cause you to develop eye, kidney or nerve problems.
- Smoking increases your blood pressure.
- You could develop complications, such as a heart attack, stroke and hardening of the arteries.
- A smoker who has diabetes is three times more likely to die from heart disease than a non-smoker with diabetes.
- Smoking damages blood vessels, which can increase a diabetic's risk for infections and amputations.

(American Diabetes Association, www.diabetes.org, 2007)



Tips for QUITting

Whether you have diabetes or not, you can enjoy many health benefits when you quit smoking. Here are some helpful hints to get you started.



- **Make the decision to quit.** List your reasons for quitting, and place the list where you can see it often.
- **Set your quit date.** Circle your quitting date on a calendar.
- **Get prepared.** Throw away your cigarettes, lighters and ashtrays. For your weaker moments, buy raw vegetables or other healthy snacks.
- **Get help.** Your doctor can provide you with helpful ways to quit. Choose a method that you think will work best for you.
- **Make a plan.** Think about how you will handle your weaker moments. For example, if you typically crave a cigarette after a meal, plan to take a walk instead.
- **Plan for uneasy times.** Plan for how you will handle others smoking around you.
- **Get support.** Ask for support from your partner, family and friends.
- **Reward yourself.** Decide how you will spend all the money you save once you quit.

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We Can Help You Quit

If you quit smoking, your health will greatly improve. It can also help you prevent and control diabetes.

Tobacco products contain nicotine which is highly addictive. Even if you want to quit smoking you may find it difficult because you're addicted to the effects of nicotine. However, studies prove you're more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides:

- **A FREE or low-cost program with personal advice**
- **FREE educational materials**
- **Four FREE calls with a phone coach**

If you have diabetes, quitting smoking will likely improve your insulin levels, blood pressure and cholesterol levels. Therefore, it is important that you contact your health care provider about quitting smoking. They may have to change your treatment.

Don't risk developing diabetes or causing complications if you already have diabetes. **Quit tobacco today.** Call the West Virginia Tobacco Quitline at 1-877-966-8784.

