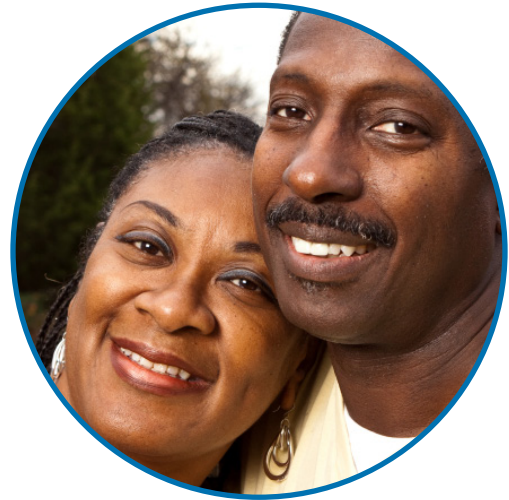




Diabetes: Another reason to quit

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

