

Diabetics that smoke are three times more likely to die from cardiovascular disease.

Smoking and diabetes

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- People with diabetes are at greater risk of raised blood pressure, heart disease, nerve damage and eye complications.
- There is a growing body of evidence to suggest that smoking is an independent risk factor for diabetes and that among people with diabetes, smoking aggravates the risk of serious disease and premature death.
- People with diabetes are three times as likely to die of cardiovascular disease. Smoking and diabetes together make you 11 times more likely to die of heart attack or stroke.
- Smoking raises your insulin level and cuts your body's ability to use insulin, making it hard to control diabetes with medication. Smoking one cigarette reduces your body's ability to use insulin by 15 %.
- Smokers with diabetes are twice as likely to develop nerve damage (neuropathy) and kidney disease (nephropathy).
- Diabetics who smoke have many more problems with dental disease, bleeding gums and ulcers.
- Diabetics who smoke or use spit tobacco are twice as likely to have circulation and wound healing complications. These can lead to infections of extremities, sometimes requiring amputation.

Five tips for quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use these five steps to develop and maintain your own quit plan.

1. *Get ready.*
2. *Get support.*
3. *Learn new skills and behaviors.*
4. *Get medication and use it correctly.*
5. *Be prepared for difficult situations.*

Talk to your health care provider, they can help. If you do not have insurance or just need to talk call the Washington Tobacco Quitline:

1-877-270-7876

For Spanish call

1-877-2NO Fume

Visit the Quitline website:

www.quitline.com

We also recommend:
www.doh.wa.gov/tobacco
www.diabetes.org