

# SMOKING & DIABETES

***Quitting smoking can dramatically 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.***

- ◆ Smoking cuts oxygen, raises cholesterol and fats, and damages and narrows blood vessels. These changes can easily cause heart attacks, strokes, miscarriages, and stillbirth, and can make leg ulcers worsen and lead to foot and leg infections.
  - ◆ Smokers with diabetes are more likely to get nerve damage (neuropathy) and kidney disease.
  - ◆ Smokers get respiratory infections and colds more easily, which can cause their blood sugar to go up and down and make it more difficult to control.
  - ◆ Smoking doubles your chance of experiencing aching joints, which makes it harder and more painful to move.
- ◆ Smoking raises your blood pressure and blood sugar levels, which makes it harder to control your diabetes.
  - ◆ Smoking can cause cancer of the mouth, throat, lungs, and bladder, just to name a few, and people with diabetes who smoke are three times more likely to die of heart attacks and strokes than people without diabetes who smoke.
  - ◆ Remember to tell your doctor that you are quitting. He/she may want to change your insulin or diabetes medication. If you are being treated for high blood pressure or high cholesterol, your doctor may want to lower or change your medication.
  - ◆ 95% of people with diabetes who need an amputation are smokers.

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**Any time you need assistance with your cessation journey, need to ask questions or just need to talk, call us at (318) 966-QUIT.**

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