SMOKING AND DIABETES

People with diabetes who smoke are at an increased risk of developing chronic complications related to diabetes. Tobacco use by itself has many health risks. Uncontrolled blood glucose levels combined with smoking can speed up the progression of diabetes complications.

Why quit?

Smoking damages the blood vessels, eyes, and nerves. Smoking also causes wrinkles, bad breath, makes your hair and clothes smell, and puts your family and friends at a health risk with secondhand smoke. Smoking can increase your bad cholesterol and blood pressure levels which can increase your risk of having a heart attack or stroke. The first step to improving your overall health is to quit smoking.

How do I get started?

- List the reasons you have to quit.
- Set a goal date. Tell yourself, “I will be tobacco free by month/day.”
- Include the people who make up your support system.
- Discard any triggers that may increase your urge to smoke, such as an open box of cigarettes, lighters, and ashtrays. Remind yourself of reasons to quit.

What are some strategies?

- Go cold turkey! Quitting all at once works for some people.
- Wean or taper off. Gradually cutting back per week can help reduce some of the withdrawals.
- Try Nicotine patch, gum, inhaler or spray. There are also prescriptions available, so contact your health care provider.
- Ask your doctor about counseling, acupuncture, or hypnosis.

Resources that can help you quit:

- Texas Quit line 1-877-937-7848
- 1-800-QUIT-NOW or 1-800-DEJELO-YA
- http://smokefree.gov
- https://quitsmokingcommunity.org

* Information herein adapted from American Diabetes Association