

# Diabetes and Smoking

Diabetes means your body can't make the insulin it needs (Type 1), or can't use the insulin it has (Type 2). Insulin is important for turning food into energy.<sup>1</sup> Diabetes puts you at greater risk for high blood pressure, heart attack, and stroke, among other health conditions.<sup>2</sup>

## Signs of Diabetes

Signs of diabetes may include losing weight (though eating more), feeling thirsty more often, vomiting, urinating a lot, and having infections that heal slowly. Other common problems include tiredness, nausea, blurred vision,<sup>1</sup> and for men, trouble having an erection.<sup>2</sup>

## Managing Diabetes

Develop a plan with your doctor to help control your diabetes. A good plan includes:<sup>3</sup>

- Quitting smoking
- Eating right
- Being physically active
- Losing weight
- Testing and maintaining your blood sugar
- Taking medicines to control cholesterol and blood pressure
- Taking insulin by injection or by using an insulin pump

## Benefits of Quitting Smoking

Those who have diabetes and quit smoking will have:<sup>3</sup>

- Reduced risk of heart attacks and cardiovascular disease
- Increased blood flow in the legs and feet which reduces infections
- Decreased chance of amputation
- Less nerve damage to the arms and legs
- Fewer vision problems and less chance of blindness
- Reduced risk of kidney disease
- Less trouble with insulin dosing and better control of their blood sugar levels

Other benefits include:<sup>2</sup>

- Less gum disease and tooth loss (periodontal disease)
- Decreased risk for early onset of impotence



<sup>1</sup>Centers for Disease Control and Prevention. (2014, October). *Diabetes Basics*. Retrieved November 17, 2014 from <http://www.cdc.gov/diabetes/basics/diabetes.html>

<sup>2</sup>American Diabetes Association. (2013, August). *Diabetes Basics*. Retrieved November 17, 2014 from <http://www.diabetes.org/>

<sup>3</sup>Centers for Disease Control and Prevention. (2014, March). *Smoking and Diabetes*. Retrieved November 17, 2014 from <http://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html#three>