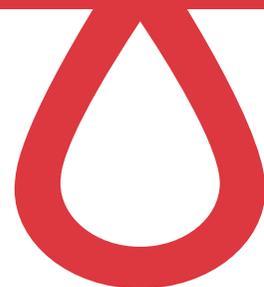


SMOKING & DIABETES

Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.

Smoking is a cause of type 2 diabetes. If you have diabetes and smoke, your risk for kidney disease is two to three times higher than if you don't smoke. Smokers who have diabetes also have more difficulty recovering from surgery. After you quit smoking, you will have better control over your blood sugar levels. When you quit, you will be less likely to have heart or kidney disease, blindness, or amputations.



TYPES OF DIABETES

TYPE 1

- No known way to prevent it
- Can develop at any age

BODY DOES NOT MAKE ENOUGH INSULIN

In adults, **Type 1 diabetes** accounts for approximately **5%** of all diagnosed cases of diabetes



TYPE 2

- Most cases can be prevented
- Can develop at any age

BODY CAN NOT USE INSULIN PROPERLY

In adults, **Type 2 diabetes** accounts for approximately **95%** of all diagnosed cases of diabetes



SMOKERS WITH DIABETES

HIGHER RISKS FOR SERIOUS COMPLICATIONS

VISION LOSS

Compared to a nonsmoker, you are 2 - 3 times more likely to develop cataracts and 2 times more likely to develop age-related macular degeneration.

HEART DISEASE

Poisons from tobacco smoke damage blood vessels and make blood more likely to clot. This can lead to heart attack, stroke, or death.

STROKE

Smoking and exposure to cigarette smoke are major causes of heart disease and stroke. Smokers have higher risk of developing aortic aneurysms than do nonsmokers.

RESPIRATORY DISEASE

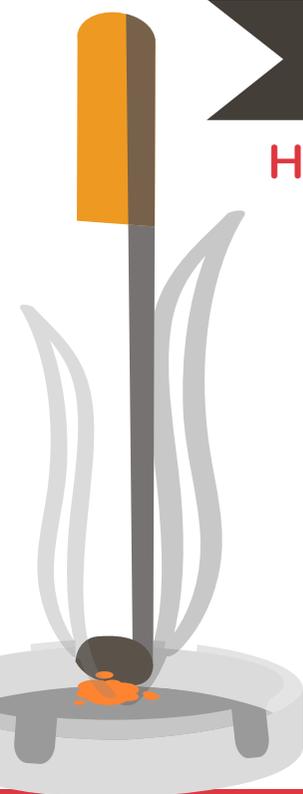
Smoking causes lung disease, including chronic obstructive pulmonary disease: emphysema, chronic bronchitis, and in some cases, asthma.

KIDNEY DISEASE

Smoking can cause insulin resistance. Blood sugars that are uncontrolled can, over time, raise your risk of diabetes complications, including kidney failure.

AMPUTATION

Damaged nerves to arms and legs that cause numbness, pain, weakness, and poor coordination. Can lead to foot infection, ulcers, and amputation of toes or feet.



No matter what type of diabetes you have, smoking makes diabetes harder to control.

A TIP FROM A
FORMER
SMOKER

**IF YOU SMOKE WITH
DIABETES, PLAN
FOR AMPUTATION,
KIDNEY FAILURE,
HEART SURGERY ...
OR ALL THREE.**

Bill, Age 40
Michigan

Read Bill's story...

Bill learned the hard way that smoking makes diabetes harder to control. "Doctors always told me to quit smoking. I didn't listen." At 37, **Bill had kidney failure**. After that, he needed **dialysis treatments 12 hours every week** to filter his blood the way his kidneys used to—before they stopped working properly. Smoking cigarettes contributed to Bill's kidney problems and other health problems to come.

"Then they took my leg," Bill said. In 2011, at the age of 39, **he had his leg amputated due to poor circulation—made worse from smoking**. "That's the scariest thing—to wake up after surgery, to reach down to feel for your leg, and there's nothing there."

That was the day Bill quit smoking.

- The more you smoke, the higher your risk for type 2 diabetes.
- People with diabetes who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease.

SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.



Smokefree
Texting
Programs



Nicotine
Replacement
Therapy



Smokefree
Social
Media



Smokefree
Apps



Build Your
Quit Plan

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