



Diabetes: Another Reason to Quit

Tobacco has many bad health effects, particularly for people with diabetes. No matter how long you've smoked, your health will improve after you quit.

- Smoking damages blood vessels and can worsen foot sores and lead to blood vessel disease and leg and foot infections.
- People with diabetes who smoke are more likely to get nerve damage and kidney disease.
- People with diabetes who smoke are three times more likely to die of heart disease.
- Smoking raises your blood sugar level. This makes it harder to control your diabetes.
- Smoking can cause impotence.
- Secondhand smoke can harm diabetics. Twenty cigarettes a day is equal to about 5 cigarettes a day for a non-smoker.



Diabetes and NRT

Nicotine Replacement Therapy (NRT) like the nicotine patch, gum or lozenges can raise blood sugar levels in people with diabetes.

It is important that you **NOT** smoke while using any NRT product.



Live Coaching Support: Monday -Wednesday 9am - 12am
Thursday – Friday 9am – 9pm, Saturday & Sunday 9am - 1pm
Taped Message Library and Tip of the Day - 24 hours / 7 days