

Diabetes and Smoking

What is Diabetes?

Insulin helps turn food into energy. If you have diabetes, your body can't make the insulin it needs (Type 1), or can't use the insulin it has (Type 2).^{1,2}

Signs of Diabetes^{1,2}

- Losing weight (but eating more)
- Feeling thirsty a lot
- Throwing up
- Needing to pee a lot
- Healing slow
- Feeling tired
- Nausea
- Going blind

Taking Care of Diabetes³

Make a plan with your doctor to:

- Quit smoking
- Eat right and be more active
- Lose weight
- Test blood sugar
- Watch cholesterol and blood pressure
- Take insulin and/or oral meds



Why Quit Smoking^{2,3}

If you have diabetes and quit smoking, you are less likely to have:

- Heart and kidney disease
- Nerve damage to the arms and legs
- Vision loss
- Gum disease and tooth loss

Other reasons to quit:

- Less trouble with insulin dosing, which is good for blood sugar levels
- Better blood flow in the legs and feet, which lowers chance of:
 - » Loss of limb
 - » Ulcers
 - » Infections

**Call for FREE help to quit smoking!
1-800-NO-BUTTS**

¹CDC. (2017). *Diabetes Basics*.

²American Diabetes Association. (2018). *Diabetes Basics*.

³CDC. (2018). *Smoking and Diabetes*.