

DIABETES, SMOKING, AND YOUR HEALTH

Smoking has severe effects on your diabetes and your health. When you quit smoking, you can have more energy, a longer life, better control of your diabetes, and less chance of a heart attack or stroke.

Call the Connecticut QuitLine - it's Fast, it's Free, and it's Easy:
1-800-Quit-Now or 1-800-784-8669

Eyes

Smoking can make vision problems worse which can lead to blindness.

Teeth

Smoking raises your risk of getting gum disease and losing your teeth.

Nerves

Smoking raises your risk of nerve damage. This can cause numbness, pain, and problems with digestion.

Heart

Smokers with diabetes are 11 times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.

Blood Sugar

Smoking raises your blood glucose (sugar) and reduces your body's ability to use insulin, making it more difficult to control your diabetes.

Feet & Legs

Smoking can lead to serious foot and leg problems like infections, ulcers, and poor blood flow. Smoking raises your risk of amputation.

Kidneys

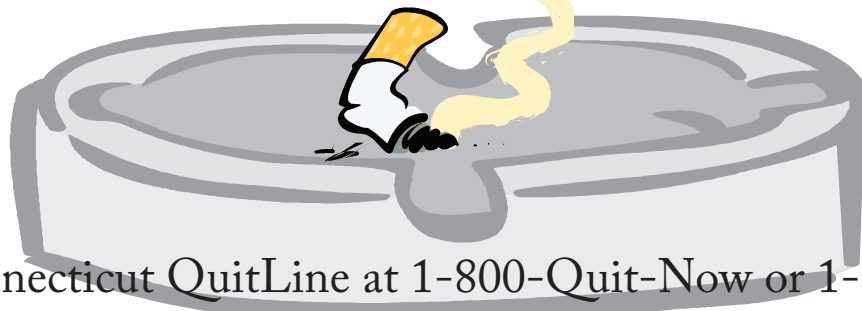
Smoking triples your risk of getting kidney disease. Drugs that help prevent kidney failure don't work as well for smokers.

Cholesterol

Many people with diabetes have high levels of cholesterol. Smoking makes this worse by increasing build-up on artery walls, putting you at more risk for heart attack or stroke.

QUIT SMOKING TODAY!

**LEAD BY EXAMPLE.
BE TOBACCO FREE.**
TOBACCO USE PREVENTION & CONTROL



**CONNECTICUT
QUITLINE**
1-800-QUIT-NOW

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For more information about diabetes contact:

American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or www.diabetes.org