

**When you're ready to quit smoking,
there is free help.**

Call the **Idaho QuitLine**: 1-800-Quit-Now (1-800-784-8669).

QuitLine Counselors are ready to support you and help you quit. Call:

Mondays – Thursdays: 7 am – 9pm

Fridays: 7am –7pm

Saturdays and Sundays: 8am – 4:30pm

When you call the QuitLine, you'll receive:

- ♥ Up to five counseling sessions with trained smoking cessation counselors.
- ♥ Printed educational materials.
- ♥ Information about medications that can help you quit.

Internet: Idaho QuitNet at <http://idahoquitnet.com>. Free resources:

- ♥ Guides to help you plan your quitting attempt.
- ♥ Expert counselors who provide support throughout the quitting process.
- ♥ Stories and advice from other people who have kicked the habit.

Call for free Smoking Cessation Classes near you

Panhandle Health District: (208) 415-5142

North Central District Health Department: (208) 799-3100

Southwest District Health: (208) 455-5321

Central District Health Department: (208) 375-5211

South Central Public Health District: Register by calling the Tobacco Program Coordinator, at 208-737-5945.

Southeastern District Health: (208) 478-6316

Eastern Idaho Public Health District: (208) 533-3157

More free resources on diabetes

National Diabetes Education Program website at www.ndep.nih.gov or call 1-800-438-5383.

American Diabetes Association website at www.diabetes.org



Idaho QuitLine and QuitNet are programs of the Idaho Tobacco Prevention and Control Program at the Idaho Department of Health and Welfare. No tax dollars are involved and no fees are charged to people who call the QuitLine or log onto the QuitNet.



Diabetes Prevention and Control Program
and the Idaho Tobacco Prevention and
Control Program
Idaho Department of Health and Welfare
450 W. State Street, 6th Floor, Boise, ID
208-334-6582

References:
Haire-Joshu D, et al.: Smoking and diabetes. Diabetes Care 22 (11): 1887-1898, 1999.



If you have **diabetes**
and you **smoke**,
you have a high risk of permanent
vision loss or blindness.

Diabetic retinopathy is the leading
cause of blindness in the U.S.

Smoking **even one cigarette** reduces your body's ability to use insulin and makes it harder to control your diabetes.

And when your diabetes is not in control, you're at risk for vision loss and blindness. Diabetic retinopathy is a common complication of diabetes. **Smoking and diabetes** just makes that risk even higher.

What is diabetic retinopathy?

Diabetic retinopathy can cause blindness. It occurs when diabetes damages the tiny blood vessels inside the retina in your eyes. You need a healthy retina for good vision. It's very important to have a dilated eye exam at least once a year because you can have retinopathy and not know it. Your eye care specialist can give you a dilated eye exam. Be sure to tell your eye doctor that you have diabetes.

Did you know that if you have diabetes and you smoke, you're at higher risk for other serious problems?

- ♥ You're 11 times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.
- ♥ You're more likely to have wound healing problems, which can be serious enough to lead to amputations.
- ♥ You're increasing your risk of kidney disease.
- ♥ You're increasing the chance of tooth loss and gum disease.



You don't have to gain weight when you stop smoking

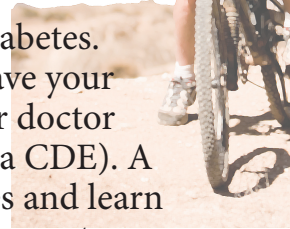
Many people who quit don't gain weight. But if you do, it's usually because you're replacing food for the cigarettes. With diabetes, regular activity helps insulin work better, so managing your diabetes will be easier for you. And when you're trying to quit smoking, healthy eating and exercise help, too.

Some people have trouble managing their diabetes. And, if you're trying to quit smoking, you have your hands full. But there is help nearby. Ask your doctor to refer you to a certified diabetes educator (a CDE). A CDE can help you make healthy food choices and learn when and how much food to eat. During classes at a diabetes education center, the CDE will give you the skills to manage your weight and control your diabetes.

If you exchange even one cigarette for a 30 minute walk or playing with your grandchildren in the yard, you're making a great start on quitting smoking.

When you're ready to switch that cigarette for walking shoes:

- ♥ Buy good walking shoes. Try on shoes in the afternoon because feet swell later in the day.
- ♥ Wear thick socks when you're trying on shoes.
- ♥ Make sure your shoes fit the length and width of your foot, leaving room for your toes to wiggle.
- ♥ Always wear socks with your shoes. Socks made of wool or 100% cotton are best.
- ♥ Break in your new shoes slowly by wearing them for only one or two hours at a time.
- ♥ Do not go barefoot, even at home. Your feet must be protected at all times.



Good things happen after you quit smoking!

20 MINUTES AFTER

Blood pressure and pulse rate drop to normal. Blood flow increases to your hands and feet.

8 HOURS AFTER

The high level of carbon monoxide gas in your blood goes back to normal.

1 DAY AFTER

Your chance for a heart attack has already gone down.

2 DAYS AFTER

You can smell and taste food better. Walking becomes easier because more oxygen is getting to your lungs.

2 WEEKS AFTER

Blood flow improves and your lungs work better.

1 YEAR AFTER

Your risk for a heart attack is cut in half.

5 YEARS AFTER

Your risk for having a stroke drops to the same level as a nonsmoker.