

Diabetes, Smoking, and Your Health

Smoking has severe effects on your diabetes and your health. You can help to prevent and reduce the serious problems of diabetes by quitting. Call the California Smokers' Helpline – It's Fast, it's Free, and it's Easy: **1-800-NO-BUTTS**.

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.

Feet & Legs

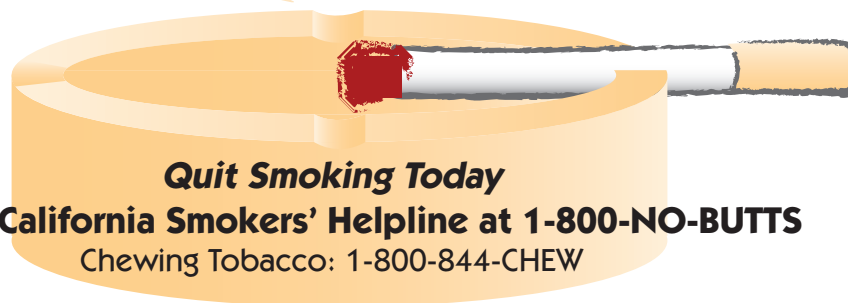
Smoking can lead to serious foot and leg problems like infections, ulcers, and poor blood flow. Smoking raises your risk of amputation. Of people with diabetes who need amputations, 95% are smokers.

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. In fact, smoking one cigarette can cut your body's ability to use insulin by 15%.

Kidneys

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



Quit Smoking Today

Call the California Smokers' Helpline at 1-800-NO-BUTTS

Chewing Tobacco: 1-800-844-CHEW

For more information about diabetes:

California Diabetes Program at (916) 552-9888 or www.caldiabetes.org

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



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1-800-NO-BUTTS