

Diabetes, Smoking, and Your Health

Smoking can be even more deadly and disabling when you have diabetes.

Many people with diabetes have already quit smoking.

A nicotine replacement product or other medications can help you stop smoking.

Call the Michigan Smokers' Helpline – It's fast, it's free, and it's easy: 1-800-480-QUIT.

Nerves

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

Eyes

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

Feet & Legs

Every day in the US, more than 220 people with diabetes have a leg or foot amputated; 95% of them are smokers.

Teeth

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

Kidneys

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

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 harder to control your diabetes. Even one cigarette is harmful, cutting your body's ability to use insulin by 15%.

ED

Damage from smoking to blood vessels can cause problems with sexual functioning, such as erectile dysfunction.

Spit Tobacco

Using spit tobacco (chew or snuff) is not a safe alternative to smoking.

Secondhand Smoke

Breathing secondhand smoke is linked to causing diabetes and an increase in heart attacks and strokes.



Quit Smoking Today

Call the Michigan Tobacco Quitline at 1-800-480-QUIT (7848)

Adapted with permission from the California Diabetes Program