

*We can
Help You Quit*

If you quit smoking, your health will greatly improve. It can also help you prevent and control diabetes.

Smoking becomes an addiction, so it can be hard to quit. However, studies prove you're more likely to successfully quit tobacco if you are being coached. Quitline Iowa provides:

- **Free** program with personal advice, and support
- **Free** educational materials, and research-based information
- **Free** calls with a phone coach.

If you are diabetic, quitting smoking will likely improve your insulin levels. Therefore, it is important that you contact your health care provider about quitting smoking. They may have to change your treatment.

Don't risk developing diabetes or causing complications if you already have diabetes.

Quitline Iowa
1-800-QUITNOW

Smoking causes many health problems like cancer and heart disease. However, smoking cigarettes can create other serious and life-threatening health issues. Smoking can also put you at risk for developing diabetes and increase complications if you already have diabetes.

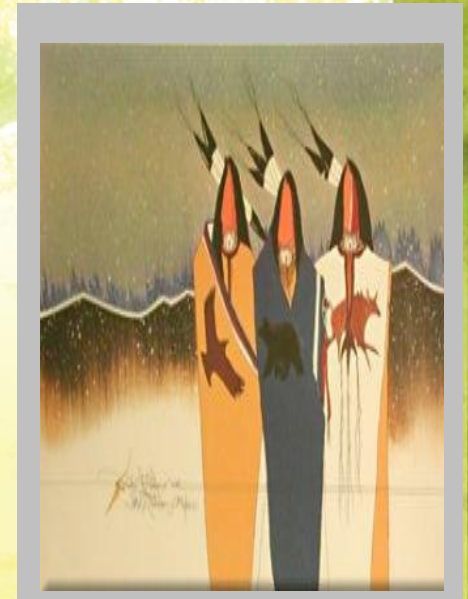
*Quit Tobacco today
Call Quitline Iowa at:
1-800-QUITNOW*

 **Iowa Department of Public Health**
Promoting and Protecting the Health of Iowans



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Paid for by the Iowa Department of Public Health



SMOKING AND DIABETES...

What you need to KNOW!!

Quitline Iowa
1-800-QUITNOW
www.quitlineiowa.org

About DIABETES



Diabetes occurs when the body does not make enough of the hormone insulin, or produce it well, or both. When your body is not getting enough insulin, glucose (sugar) starts to build up in your blood. Over time, this can lead to a stroke, heart disease, kidney, blindness, nerve damage and amputation.

Smoking and DIABETES

Smoking and diabetes are both known to create many health risks. But if you are diabetic, smoking can put your health in even greater danger. If you already have diabetes, smoking can cause these additional health problems:

- Smoking affects how your body responds to insulin. It causes an increase in your glucose levels and can create serious problems if you are diabetic.
- Smoking could cause you to develop eye, kidney or nerve problems.
- Smoking increases your blood pressure.
- You could develop complications, such as a heart attack, stroke, and hardening of the arteries.
- A smoker who has diabetes is 3 times more likely to die from heart disease than a non-smoker with diabetes.
- Smoking damages blood vessels, which can increase a diabetic's risk for infections and amputations. (*American Diabetes Association, www.diabetes.org 2007*)

Tips for QUITTING

Whether you're diabetic or not, you can enjoy many health benefits when you quit smoking. Here are some helpful hints to get you started:

- **Make the decision to QUIT.** List your reason for quitting, and place the list where you can see it often.
- **Set your QUIT date.** Make sure your quit date is a significant date like a birthday or anniversary, etc.
- **Get Prepared.** Throw away your cigarettes, lighters, and ashtrays. For your weak moments have some hard candies or straws for substitutions.
- **Get help.** Your doctor can provide you with helpful ways to quit. Choose the method you think will work best for you.
- **Make a plan.** Think about how you will handle your weak moments. Examples: Smoking after a meal- substitute a walk instead.
- **Plan for uneasy times.** Plan for how you will handle others smoking around you.
- **Get support.** Ask for support from your partner, family and friends.
- **Reward yourself.** Decide how you will spend all the money you save once you quit.