

SMOKING AND DIABETES

Get the
FACTS



West Virginia
TOBACCO
QUITLINE
1-877-966-8784

Smoking and **YOUR HEALTH**

Smoking causes many health problems. Its poisonous chemicals can cause heart disease, high blood pressure, lung cancer, breast cancer, other cancers and emphysema. Here are some alarming facts about smoking:

- Approximately 4,000 West Virginians will die this year from tobacco-related causes.
- More than 444,000 Americans die every year from smoking.
- More Americans die every year from smoking than from alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.

Smoking and **DIABETES**

Smoking cigarettes can also put you at risk for developing diabetes and increase complications if you already have diabetes.

Diabetes occurs when the body does not produce enough of the hormone insulin, produce it well, or both. When your body is not getting enough insulin, glucose (sugar) starts to build up in your blood. 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.
- You could 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 three 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)

Quit Tobacco *today*
Call the WV Quitline at **1-877-966-8784**