

# *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. **The West Virginia Tobacco Quitline provides:**

- A **FREE** or low-cost program with personal advice
- **FREE** educational materials
- Four **FREE** calls with a phone coach

If you are diabetic, quitting smoking will likely improve your insulin levels, blood pressure and cholesterol 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.

West Virginia  
**TOBACCO**  
**QUITLINE**  
**1-877-966-8784**

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 the **WV QUITLINE** at  
**1-877-966-8784**

**SMOKING  
AND DIABETES**

*What you  
need to KNOW*



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WEST VIRGINIA TOBACCO  
**CESSATION**  
PROGRAM  
West Virginia Department of Health and Human Resources

WEST VIRGINIA DEPARTMENT OF HEALTH & HUMAN RESOURCES  
DIVISION OF TOBACCO PREVENTION CESSATION PROGRAM  
350 Capitol Street, Room 206 · Charleston, WV 25301  
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## About **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. Over time, this can lead to a stroke, heart disease, kidney disease, 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 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](http://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 reasons for quitting, and place the list where you can see it often.
- **SET YOUR QUIT DATE.** Circle your quitting date on a calendar.
- **GET PREPARED.** Throw away your cigarettes, lighters and ashtrays. For your weaker moments, buy raw vegetables or other healthy snacks.
- **GET HELP.** Your doctor can provide you with helpful ways to quit. Choose a method that you think will work best for you.
- **MAKE A PLAN.** Think about how you will handle your weaker moments. For example, if you typically crave a cigarette after a meal, plan to take 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.

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