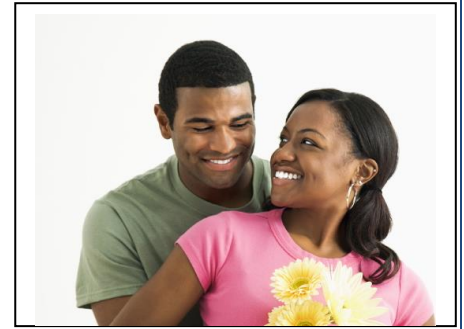




# DIABETES AND TOBACCO



- ❖ **People who smoke more than one pack per day have almost double the risk for diabetes as non-smokers. For those who smoke 1 – 14 cigarettes a day, the risk is 1.5 times greater.**
- ❖ **Smoking contributes to poor circulation, impaired wound healing and nerve damage.**
- ❖ **One of the biggest threats to the feet of a diabetic is smoking. Smoking affects small blood vessels and causes decreased blood flow to the feet, raising the risk of infections and amputations.** (American Diabetes Association).
- ❖ **Patients with diabetes who smoke are at a greater risk for cardiovascular events such as stroke, aneurism and heart attack and they are less likely to survive if they experience an event.**
- ❖ **Diabetics who smoke have poorer blood glucose control than non-smoking diabetics.**
- ❖ **Once a patient with diabetes has quit smoking, insulin resistance is reduced, thus lowering blood glucose levels.**
- ❖ **Research suggests that stopping smoking is one of the most important aspects of therapy or treatment for diabetic patients who smoke.**
- ❖ **Many cigarette and other tobacco brands add sugar and sodium to flavor their products, making it more difficult to manage blood sugar levels.**



**“Not smoking is one of the best things diabetics who smoke can do to control blood sugar and lower the risk of diabetic complications.”** Briest (2011)

