







Smoking and Diabetes

When you smoke, your body is less able to respond to insulin. This makes your blood glucose levels rise. Smokers with diabetes **may need a larger dose of insulin** than non-smokers to control their glucose levels.

How Smoking Hurts Your Body

	Heart	Smoking puts stress on your heart. The nicotine in cigarettes increases your heart rate and blood pressure.
	Eyes	Both smoking and diabetes damage the eyes (retinopathy). If you smoke, you increase your risk of eye disease that can lead to blindness. It can also cause cataracts and glaucoma.
	Feet	Smoking affects blood flow, increases the risk of blood clots and narrows the small blood vessels. This causes nerve disease (neuropathy).
	Kidneys & Bladder	Smoking increases the risk of kidney disease (nephropathy). This can lead to kidney failure and death.
	Tooth & Gum Disease	Smoking causes gum disease. This can lead to infected and swollen gums. Smokers are more likely to have tooth decay and lose their teeth.
	Blood Vessels	Nicotine causes blood vessels to narrow which can cause a blood clot. This can lead to a stroke or a heart attack.

The reason I continue to smoke is _____.

Getting Ready to Quit

Follow these tips to get **ready to quit**:

1. Cut down the number of cigarettes you smoke each day.
2. Smoke only half a cigarette each time.
3. Clean out ashtrays and start putting them away.
4. Clean the carpet, the car, or anything else that smells of tobacco smoke.
5. Get a friend or spouse to quit with you.
6. Avoid the things that cause you to smoke.
7. Write down the top 5 reasons you want to quit. Read this list daily.
8. Ask about nicotine replacement or other medicines that may help you quit.



Smoking Triggers

You need to find out which “**triggers**” cause the desire to light up. Keep a log and write the time, place and reason for each cigarette. Rate the importance of each on a scale of 1 to 3, with 3 being the highest.

Smoking Diary

Time	Place	Reason	Importance
4:00 p.m.	Living Room	Stress Relief	2

Cravings

It's common to have cravings while you are trying to quit. **Try to**

- Drink more fluids
- Take deep breaths
- Exercise
- Use chewing gum instead
- Use a nicotine replacement

Tip: Pick a date to quit and slowly reduce your smoking until your quit date. On your quit date, stop completely. If you smoke a lot at work, quit during a vacation.

