



Diabetes and Smoking



People with diabetes who smoke are three times as likely to die of cardiovascular disease as are other people with diabetes.

- ▲ Smoking raises your blood sugar level and increases blood pressure.
- ▲ Smoking limits the amount of oxygen reaching tissues. The decrease in oxygen can lead to a heart attack, stroke, miscarriage, or stillbirth.
- ▲ Smoking increases cholesterol levels and other fats in your blood, raising your risk of a heart attack.
- ▲ Smoking damages and constricts blood vessels. This damage can worsen foot ulcers and lead to blood vessel disease and leg and foot infections.
- ▲ Smokers with diabetes are more likely to get nerve damage and kidney disease.
- ▲ You can get help NOW for FREE by calling the Quit Line.

Call the Quit Line - Confidential and Free!
1-800-QUIT-NOW 