



## How are smoking and diabetes related?

- People who smoke cigarettes are 30%-40% more likely to develop type 2 diabetes; the more cigarettes you smoke, the higher your risk.
- Smoking interferes with treatment for **both** type 1 and type 2 diabetes.

### Smoking increases insulin sensitivity and resistance, which leads to challenges with blood sugar levels.

- Cigarette smoke and nicotine harm your body's cells and can cause inflammation (which is your body's natural response to injury).
- Inflammation can then make insulin less effective and increase your blood sugar levels.

### People with diabetes who smoke are more likely to have serious health problems and complications that come with diabetes, which may include:



Heart disease



Kidney disease



High blood pressure



Vision loss or blindness



Infections, ulcers,  
and amputations



Body pain, numbness,  
and weakness





## What are the benefits of quitting smoking?

- Quitting smoking can...



Make your diabetes easier to control



Help your body use insulin more effectively



Give you better control over your blood sugar levels

- Insulin becomes more effective at lowering blood sugar levels just eight weeks after you quit smoking!

## How do I stop smoking?

- Talk with your health care provider about creating a plan to quit smoking.
- Access these free resources to learn more and begin creating a plan to quit smoking:
  - For your state's quitline, call 1-800-QUIT-NOW (1-800-784-8669)
    - For Spanish speakers, call 1-855-DÉJELO-YA (1-855-335-3569)
  - For the National Texting Portal, text QUITNOW to 333888
    - For Spanish speakers, text DÉJELO YA to 333888
  - To quit online, visit [QuitNow.net](http://QuitNow.net)

