



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

