

SMOKING AND DIABETES

Get the
FACTS



West Virginia
TOBACCO
QUITLINE
1-877-966-8784

Smoking and **YOUR HEALTH**

Smoking causes many health problems. Its poisonous chemicals can cause heart disease, high blood pressure, lung cancer, breast cancer, other cancers and emphysema. Here are some alarming facts about smoking:

- Approximately 4,000 West Virginians will die this year from tobacco-related causes.
- More than 444,000 Americans die every year from smoking.
- More Americans die every year from smoking than from alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined.

Smoking and **DIABETES**

Smoking cigarettes can also put you at risk for developing diabetes and increase complications if you already have diabetes.

Diabetes occurs when the body does not produce enough of the hormone insulin, produce it well, or both. When your body is not getting enough insulin, glucose (sugar) starts to build up in your blood. If you already have diabetes, smoking can cause these additional health problems:

- Smoking affects how your body responds to insulin. It causes an increase in your glucose levels and can create serious problems if you are diabetic.
- You could develop eye, kidney or nerve problems.
- Smoking increases your blood pressure.
- You could develop complications, such as a heart attack, stroke and hardening of the arteries.
- A smoker who has diabetes is three times more likely to die from heart disease than a non-smoker with diabetes.
- Smoking damages blood vessels, which can increase a diabetic's risk for infections and amputations.

(American Diabetes Association, www.diabetes.org, 2007)

Quit Tobacco *today*
Call the WV Quitline at **1-877-966-8784**



We can **HELP YOU QUIT**

If you quit smoking, your health will greatly improve. It can also help you prevent and control diabetes.

The West Virginia Tobacco Quitline can help you quit smoking for good. Studies prove you're more likely to successfully quit if you're being coached.

Tips to **QUIT**

Whether you are diabetic or not—you can enjoy many health benefits when you quit smoking. Here are some helpful hints to get you started.

- **MAKE THE DECISION TO QUIT.** List your reasons to quit, and place the list where you can see it often.
- **SET YOUR QUIT DATE.** Circle your quitting date on your calendar.
- **GET PREPARED.** Throw away your cigarettes, lighters and ashtrays. For your weaker moments, buy raw vegetables or other healthy snacks.
- **GET HELP.** Your doctor can provide you with helpful ways to quit. Choose a method that you think will work best for you.
- **MAKE A PLAN.** Think about how you will handle weaker moments. For example, if you typically crave a cigarette after a meal, plan to take a walk instead.
- **PLAN FOR UNEASY TIMES.** Plan for how you will handle others smoking around you.
- **GET SUPPORT.** Ask for support from your partner, family and friends.
- **REWARD YOURSELF.** Decide how you will spend all the money you'll save once you quit.

The **WEST VIRGINIA TOBACCO QUITLINE** provides:

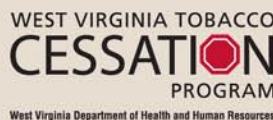
- A **FREE** or low-cost program with personal advice
- **FREE** educational materials
- Four **FREE** calls with a phone coach

If you are diabetic, quitting smoking will likely improve your insulin levels, blood pressure and cholesterol levels. Therefore, it is important that you contact your health care provider before and after you quit. They may have to change your treatment.

Don't risk developing diabetes or complications if you are already diabetic. **QUIT TOBACCO TODAY.**

Quit Tobacco today
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