



Tobacco Use and Diabetes



Diabetes greatly increases your risk of heart disease and can lead to serious kidney and eyesight problems. Using tobacco products, including cigarettes, chew and iqmik, can make it harder to manage your diabetes. Being exposed to secondhand smoke can also aggravate your diabetes-related health problems. Choosing to quit tobacco can improve your health.

Facts About Tobacco and Diabetes:

- Tobacco users are 50% more likely than nonusers to get diabetes.
- Tobacco raises your blood sugar level, making it harder for you to control your diabetes.
- If you use tobacco, you will have a greater chance of getting gum disease and losing your teeth.
- Using tobacco makes it hard for your insulin to work well.
- Using tobacco increases your risk for nerve damage. This can cause you numbness and pain in your feet, legs and hands.
- Tobacco increases your blood pressure and your bad cholesterol. It also slows the flow of your blood.
- Tobacco damages your blood vessels and increases your chance of having foot ulcers, blindness and infections.

Complications of Tobacco Use for Diabetics:

- Tobacco users who have diabetes are three times more likely to die of heart disease than people with diabetes who do not use tobacco.
- Tobacco users have three times the risk of getting kidney disease.
- Tobacco users with diabetes have a higher death rate than people with diabetes who do not use tobacco.



“ Quitting smoking is the most important thing you can do for yourself when you have diabetes. It is better than any one medicine I can give them. ”

— Terry Raymer MD, CDE; Director, ANTHC Diabetes Program

Tips to Help You Quit

Why Should I Quit?

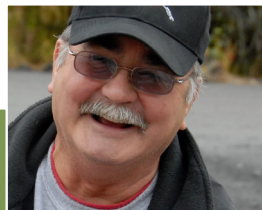
- Your risk for heart disease is cut in half one year after quitting tobacco.
- Your insulin will work better if you don't use tobacco.

How Do I Quit?

- Call Alaska's Tobacco Quit Line! The quit line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

“ If it wasn't for you guys, I would still be smoking. Now when I set goals, I use the tips my Quit Coach gave me. I quit smoking and drinking alcohol and coffee. I'm taking better care of myself. ”

— Alaska's Tobacco Quit Line
Caller



ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit alaskaquitline.com