



Diabetes and Smoking

What is Diabetes?

Insulin helps turn food into energy. If you have diabetes, your body can't make the insulin it needs (Type 1), or can't use the insulin it has (Type 2).

Signs of Diabetes

Symptoms include:

- Losing weight (but eating more).
- Feeling thirsty a lot.
- Throwing up.
- Needing to pee a lot.
- Healing slowly.
- Feeling tired.
- Nausea.
- Going blind.

Taking Care of Diabetes

Make a plan with your doctor to:

- Quit smoking.
- Eat right and be more active.
- Lose weight.
- Test blood sugar.
- Watch cholesterol.
- Take insulin and/or oral meds.

Why Quit Smoking

If you have diabetes and quit smoking, you are less likely to have:

- Heart and kidney disease.
- Nerve damage to the arms and legs.
- Vision loss.
- Gum disease and tooth loss.

Other Reasons to Quit

- Less trouble with insulin dosing, which is good for blood sugar levels
- Better blood flow in the legs and feet, which lowers the chance of:
 - Loss of limb.
 - Ulcers.
 - Infections.

