

# Diabetes, Smoking & Health

If you have diabetes, you are at a high risk for heart disease, stroke, and many other conditions.

Smoking can make these health problems much worse.

Quitting smoking is one of the best things you can do for your health.

If you have diabetes and you smoke.....



Smoking can make your **Blood Sugar** harder to control.  
It can affect how your body uses insulin.



Smoking is harmful to your **heart** and blood vessels.  
It increases **blood pressure** and worsens your cholesterol levels.  
You are far more likely to have a heart attack if you smoke.



Smoking causes oral health problems like cancer and periodontal disease.  
It can lead to **tooth loss**.



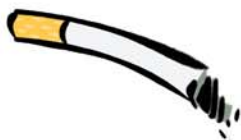
Smoking can lead to problems with your kidneys.  
Drugs that help prevent **kidney failure** don't work as well for people who smoke.



Smoking can cause **vision problems** and can lead to blindness.



If you have diabetes and you smoke, you are more likely to have **nerve damage**.



Smoking and diabetes increases your risk for **erectile dysfunction**.

Talk to your doctor, certified diabetes educator, or another member of your healthcare team if you would like to quit smoking. They can help you.

[www.TryToStopNH.org](http://www.TryToStopNH.org)

The Try-To-STOP TOBACCO Website offers fact sheets and information about local tobacco treatment resources. Free counseling is available to all NH Residents by Certified Tobacco Treatment Specialists.

**1-800-Try-to-STOP (1-800-879-8678)**

The NH Smokers' Helpline has free telephone-based counseling and print materials for all NH Residents.