

**Diabetes**

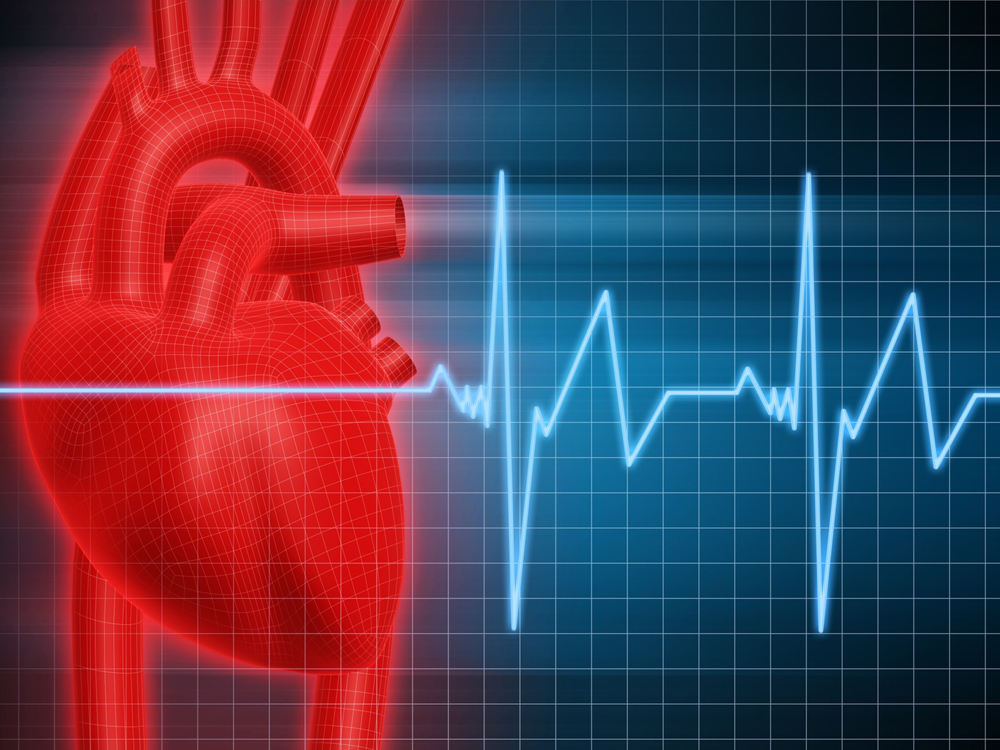
**And**  
**Tobacco**



* **People who smoke more than one pack per day have almost double**

**the risk for diabetes as non-smokers. For those who smoke 1 – 14 cigarettes a day, the risk is 1.5 times greater.**

* **Smoking contributes to poor circulation, impaired wound healing and nerve damage.**
* **One of the biggest threats to the feet of a diabetic is smoking. Smoking affects small blood vessels and causes decreased blood flow to the feet, raising the risk of infections and amputations.** (American Diabetes Association).
* **Patients with diabetes who smoke are at a greater risk for cardiovascular events such as stroke, aneurism and heart attack and they are less likely to survive if they experience an event.**
* **Diabetics who smoke have poorer blood glucose control than non-smoking diabetics.**
* **Once a patient with diabetes has quit smoking, insulin resistance is reduced, thus lowering blood glucose levels.**
* **Research suggests that stopping smoking is one of the most important aspects of therapy or treatment for diabetic patients who smoke.**
* **Many cigarette and other tobacco brands add sugar and sodium to flavor their products, making it more difficult to manage blood sugar levels.**



**“Not smoking is one of the best things diabetics who smoke can do to control blood sugar and lower the risk of diabetic complications.” Briest (2011)**