

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 (ED)**.

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.

This fact sheet was created in collaboration with the NH Diabetes Education Program.

American Diabetes Association. Smoking and Diabetes: Technical Review. Diabetes Care. 1999;22(11):1887-1898.

American Diabetes Association. Smoking and Diabetes: Position Statement. Diabetes Care. 2004;27(suppl 1):S74-S75. www.diabetes.org

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