

# Diabetes, Smoking and Your Health

According to the 2014 Surgeon General's 50<sup>th</sup> anniversary report,  
**SMOKING CAN CAUSE DIABETES.**

Smoking is even more deadly and disabling for people with diabetes. Here's how:

## Nerves

Smoking raises your risk of nerve damage. This can cause numbness, pain, and problems with digestion.

## Feet & Legs

Poorer circulation in people with diabetes leads to increased amputations. Smoking increases this risk.

## Kidneys

Kidney disease is prevalent in people who have diabetes. Smoking increases the risk. Drugs that help prevent kidney failure don't work as well for smokers.

## Sexual Health

Damage from smoking to blood vessels can cause problems with sexual function, such as erectile dysfunction.

## Spit Tobacco & E-cigarettes

Using spit tobacco (chew or snuff) or e-cigarettes is *not* a safe alternative to smoking.

## Eyes

Smoking can make vision problems worse, which can lead to blindness.

## Teeth

Smoking raises your risk of getting gum disease and losing your teeth.

## Heart

Smokers with diabetes are more likely to have a heart attack or stroke than people who don't have diabetes or smoke.

## Blood Sugar

Smoking raises your blood glucose (sugar) and reduces your body's ability to use insulin, making it harder to control your diabetes. Even one cigarette is harmful, cutting your body's ability to use insulin.

## Secondhand Smoke

Breathing secondhand smoke is linked to causing diabetes and an increase in heart attacks and strokes.



QUIT TODAY: Call the Michigan Tobacco Quitline  
1-800-QUIT-NOW (784-8669)

**A nicotine replacement product or other medications can help you stop smoking.**