Diabetes, Tobacco and Your Health

According to the 2014 Surgeon General’s 50th anniversary report:

SMOKING CAN CAUSE DIABETES

Tobacco use, especially smoking, is 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.

**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**
Tobacco use can raise your blood glucose (sugar) and reduce your body’s ability to use insulin, making it harder to control your diabetes. Even one cigarette, e-cigarette or small amount of chewing tobacco is harmful.

**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.

**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 quit.

Adapted with permission from the CA Diabetes Program (updated 6.22.16)