According to the 2014 Surgeon General’s 50th anniversary report, **SMOKING CAN CAUSE DIABETES.**

Smoking is even more deadly and disabiling for people with diabetes. Here’s how:

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

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

**Feet & Legs**
Poorer circulation in people with diabetes leads to increased amputations. Smoking increases this risk.

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

**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.

**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.

**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 stop smoking.

Adapted with permission from the California Diabetes Program. Available for download at www.michigan.gov/tobacco. (Updated 8.21.14)