

What Happens When You Have Diabetes and Smoke?

Heart

People with diabetes who smoke are 3 times more likely to have a heart attack or stroke than people with diabetes who don't smoke.

Kidneys

Smoking triples your risk of getting kidney disease. Drugs that help prevent kidney failure don't work as well for smokers.

Feet & Legs

Every day in the US, more than 220 people lose a leg or foot to diabetes; 95% of them are smokers.

Nerves

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

Eyes

Smoking can damage your eyesight. It can even lead to blindness.

Teeth

Smoking can damage your gums. This can lead to losing your teeth.

Sexual Function

Smoking damages your blood vessels. This can cause problems with sexual functioning, such as erectile dysfunction.

Blood Sugar

Smoking makes it harder to control your diabetes. It raises your blood glucose (sugar). Just 1 cigarette cuts your body's ability to use insulin.

When you are ready to quit,
call the Michigan Tobacco Quitline at
1-800-QUIT-NOW (1-800-784-8669)
for free help!



*Adapted with permission from the Michigan Department of Community Health's Tobacco Section
Available for download at <http://www.michigancancer.org/bcccp/WiseWomanProgram>*