

The Need to Quit Smoking When You Have Diabetes

Smoking is bad for your health. If you smoke and have Diabetes, your risk of developing very serious health problems from both increases.

On its own, cigarette smoke makes your heart pump faster, narrows your blood vessels increasing your blood pressure and robs your cells of oxygen. Over time, this can damage your large blood vessels and add to plaque build-up called Atherosclerosis.

Smoke can also cause your vessels to spasm, which can lead to angina or heart attack.

But when you add high blood glucose from diabetes together with cigarette smoke, the damage to your body can increase.

Smoking will put you at a greater risk for health problems like: heart disease; stroke; poor circulation, which can lead to amputation; kidney disease; eye disease; and nerve disease.

Smoking while you have diabetes can also make it harder to manage your blood glucose.

Take steps to quit smoking today. When you quit you will experience health benefits within a short amount of time.

Quitting smoking can help you feel better, give you more energy, make it easier to manage your blood glucose levels and can reduce your risk of large blood vessel disease which can cause many serious health problems like heart attack and stroke.

But quitting can be difficult – and only you can decide to do it. If you've tried to quit before and couldn't, try again.

Talk to members of your health care team about ways to break both the physical and emotional addictions to smoking.

Some people find they can quit cold turkey but many people use nicotine patches, gums, inhalers, and nasal sprays as well as oral medications. These can help you satisfy the craving for nicotine without lighting up.

Just like any lifestyle change you are trying to make, start by making a plan. Set a quit date, set short-term goals and measure your progress. Be aware of any barriers you may face and come up with a plan to deal with your cravings.

There's no one way to quit that works for everyone. Talk to your healthcare team about resources available to help you quit smoking, including counseling sessions, community support groups and tobacco quit lines. You may also need the support of your friends and family in this effort.

The first time you quit may not be the last. Many people quit several times before they are successful. That's ok.

Don't give up.

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Quitting smoking is one of the most important steps you can take to manage your diabetes and protect your body from the serious health problems both smoking and diabetes can cause.

Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at www.DiabetesEducator.org/find.