

# Smoking and Diabetes

Smoking or vaping is bad for your entire body including your blood sugar.

That's because using nicotine raises your blood sugar. And together with diabetes, it can cause serious damage to your blood vessels, putting you at risk for health problems like: heart disease, stroke, kidney disease, and nerve problems.

If you smoke or vape, talk with your care team about ways to quit. It's one of the best things you can do to take better care of yourself.