

It is difficult to quit smoking, but making the effort is worth it. There is many methods that can be tried which will help you to quit and stay smoke free forever.

There are many ways to quit smoking: drastically, once and for all or gradually in a group or alone.

Consult your health professional about your decision to abandon the habit, because your medical provider can help you choose the most appropriate way for you to quit.

Remember that what works for one person may not work for another. If the first method you try fails don't give up. It could be that you need another method to help you quit smoking forever.

Remember:

- No smoking or quit smoking
 - Keep diabetes under control
 - Do physical activity
 - Maintain a healthy weight
- All of this to have a better quality of life!!

Would you like to learn more about the relation between cigarettes and diabetes or obtain help to quit smoking? Ask for the Community Health Worker at your local "Sunset Clinic."

San Luis
(928) 627-3822
Ext. 1333

Somerton
(928) 627-2051
Ext. 1216

Yuma
(928) 819-8999
Ext. 1016

North Yuma
(928) 539-3140

Wellton
(928) 785-3256
Ext. 1520

References

<http://www.diabetes.org>
<http://familydoctor.org>

SUNSET COMMUNITY HEALTH CENTER

CIGARETTES AND DIABETES

IF YOU SMOKE, QUIT SMOKING..
Smoking is bad for everyone but it is even worse on people with diabetes because it damages blood vessels. If you have diabetes and smoke you double your risk of getting heart disease.



Website:
www.sunsetcommunityhealthcenter.org

HOW DOES THE CIGARRETTE AFFECT PEOPLE WITH DIABETES

There are many reasons why you should not start smoking and why you should quit smoking if you smoke....If you smoke, you are giving family the example of smoking cessation.

Breaking the smoking habit is not easy, but it can be done!

Smoking is harmful for your health

The most known effect is that smoking causes cancer, but it can aggravate many of the problems that people with diabetes are faced with, such as cardiac and vascular diseases. To better understand this relation, we must first define what is diabetes:

What is diabetes?

Diabetes is a disease that occurs when a person's body does not make enough insulin or does not use insulin properly.

When you have diabetes, the sugar accumulates in the blood instead of moving into the cells. Too much sugar in the blood can cause serious problems; including heart disease, nerve damage and kidney problems.

There are two types of diabetes. Diabetes type 1 occurs when the body does not produce any insulin. In type 2 diabetes the body does not produce enough insulin, or the cells ignore the insulin.

Tobacco produces many harmful health effects, especially in people ***with diabetes***. No matter how long you have smoked, your health will improve when you quit the habit.

Nicotine, the drug contained in tobacco, is one of the most addictive substances known. Besides the physical addiction, many smokers also develop a psychological addiction to cigarettes.

1. Smoking and not having diabetes under control may cause sexual impotence.
2. Smokers get colds and respiratory infections more easily.

3. Smoking reduces the amount of oxygen that reaches the tissues. That lack of oxygen can cause heart attacks and strokes.
4. Smoking increases cholesterol levels and the levels of some other fats in the blood, which increase the risk of suffering a heart attack.
5. Smoking damages and blocks the blood vessels. Such damage can worsen foot ulcers, and can also cause vascular disease and infections in the feet and legs.
6. Smokers with diabetes are more likely to develop nerve damage and kidney disease
7. Smoking increases the risk of limited joint mobility.
8. People with diabetes who smoke are three times more likely to die from cardiovascular disease than people with diabetes that don't smoke.
9. Smoking causes increased blood pressure.
10. Smoking causes increased blood sugar levels and therefore making it more difficult to control diabetes.