



Diabetes affects the whole body. Any tobacco use can make diabetes worse.



Tobacco use damages nearly every organ in the body. But for people with diabetes, tobacco use is even more dangerous. Smoking makes diabetes harder to control. Quitting tobacco use at any age, even later in life, can reduce your risk of having diabetes and other health problems.

EYES – Smoking puts you at even greater risk for serious eye problems that may lead to eye damage or blindness.

BLOOD SUGAR – Any tobacco use raises blood sugar while it lowers insulin levels in the body. This makes it harder to control diabetes. Also, spit tobacco is high in sugar.

KIDNEYS – Smoking causes high blood pressure, one of the leading causes of kidney disease. If you already have kidney problems, smoking can make it worse and may lead to kidney cancer.

FEET – Damaged blood vessels cause poor poor blood flow and raise the risk of foot problems and the loss of toes or legs.

TEETH – People with diabetes already have a higher risk of gum problems. Smoking and spit tobacco increase the chance of getting infections of the mouth which can lead to tooth loss.

HEART – Two out of three people with diabetes die from stroke or heart disease. Smokers are more likely to have heart disease and more likely to die from it.

NERVES – Smoking damages blood vessels and causes greater chance of nerve damage and loss of legs.

How can diabetes be prevented?

- Do not smoke.
- Lose weight if you are overweight.
- Stay active.

If you have diabetes or are at risk of developing it, it's critical that you stop all forms of tobacco use. The more you smoke, the greater your risk of diabetes.

Call the Mississippi Tobacco Quitline for free tips and products that can help you quit successfully.

1-800-QUIT-NOW
(1-800-784-8669)
www.quitlinems.com

Tobacco Use and **DIABETES**



MISSISSIPPI STATE DEPARTMENT OF HEALTH