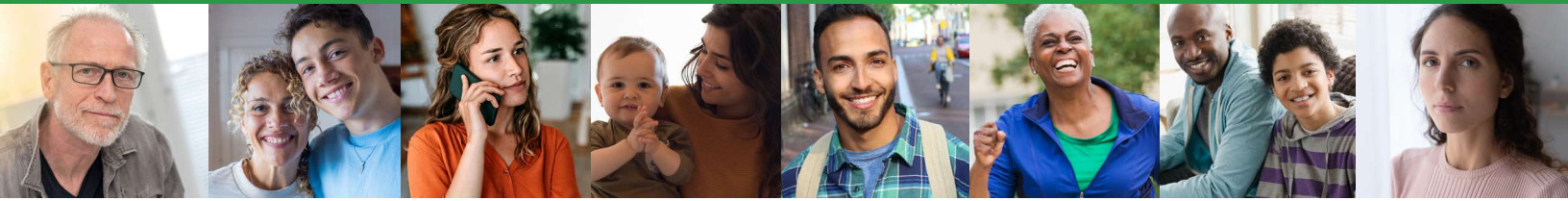


TOBACCO AND DIABETES

YOUR QUIT JOURNEY STARTS TODAY.



Does smoking cause diabetes?

Smoking can lead to diabetes in adults (type 2 diabetes). The more you smoke, the greater your chances are of getting diabetes. Smoking causes inflammation and stress in every part of your body. Your cells and organs become damaged and they stop working properly. When your body is not working correctly because of smoking, you will be less able to fight diabetes.

What if I smoke and have diabetes?

If you smoke and have diabetes, you are more likely to have diabetes-related complications. Smokers with diabetes have poor blood flow. This increases the chances of problems with your feet and toes, for example, and you could end up losing them. You are also more likely to go blind, damage the nerves in your arms and legs, and develop heart and kidney disease.

Triple Damage

People with diabetes are in danger of:

- Heart and vein issues: if you smoke, you increase the strain on your heart and your blood flow is reduced. This can result in heart disease and stroke.
- Lung infections: smoking directly affects your lungs and leads to serious diseases such as pneumonia.
- Vision loss: people with diabetes have a higher risk of eye diseases which can result in blindness. Smoking can make these diseases progress faster.

Quitting smoking will help your diabetes

Quitting is the best thing you can do for your health. Because high levels of nicotine from tobacco make your insulin less effective, you may need more of it than a nonsmoker with diabetes. When you quit, you'll have better control over your blood sugar. After just two months of being smoke-free, your insulin can work better for you and you may be able to reduce how much you need.

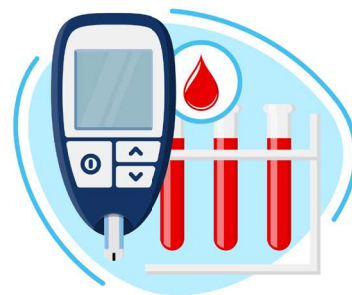


Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191



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