



Diabetes Education

*Smoking cigarettes, if you have diabetes, only adds to the **RISK** of complications. No matter how long you've smoked, your health will improve after you quit. This habit is very addictive because of the substance nicotine. It is both physically and psychologically addictive.*

Smoking is both physically and psychologically addictive. →



Stop Smoking Today!

Call NY Quits for FREE Coaching and Support:

1-866-NY-QUITS
1-88-66-697-8487

Why You Light Up:

If you light up when you are stressed or bored, find substitutes such as taking a walk, learning yoga, taking up a hobby such as needle work, woodwork or playing a board game with a friend. In other words, think of ways to keep your mind off lighting up.

If it gives you more energy, go for a vigorous walk or ride a bike, take the stairs. **EXERCISE** can help you feel more alert.

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Smoking and Diabetes

How Does Smoking Make the Diabetes Worse?

Smoking makes worse the many problems that people with diabetes already face, such as heart and blood vessel disease.

Here are 10 REASONS it is Recommended You Quit:

1. It raises your blood sugar level which may increase the amount of medications you need to control your diabetes.
2. The amount of oxygen reaching tissues is less. The decrease in oxygen will increase your chance of having a heart attack, stroke, miscarriage, or stillbirth.
3. Blood vessels are damaged more quickly. This will eventually lead to foot ulcer and blood vessel disease of the leg and foot infections.
4. Because of this nerve damage you are more likely to have high blood pressure that also damages your kidneys.
5. It increases your cholesterol levels and the levels of other fats in your blood that increase your risk of a heart attack.
6. Death from cardiovascular (*heart*) disease is three times as likely.
7. Risk of impotence is higher.
8. It quickens the time that you develop limited joint mobility
9. Colds and respiratory infections develop more easily.
10. In addition to diabetes one's risk of developing cancer of the mouth, throat, lung, and bladder are increased.



Why You Enjoy It:

Most people enjoy the feeling of holding the cigarette and the feeling that goes with it. Instead try doing things to keep your hands busy as mentioned before, and to keep your mind occupied.

Know Your ABC's of Diabetes:

(Reach Your GOALS)

A ✓ EVERY 3-6 MONTHS

- **A1c:** Below 7%

B ✓ EVERY VISIT

- **Blood Pressure:**
Below 130/80mmHg

C ✓ ONCE A YEAR

- **Cholesterol:**
LDL: Below 100mg/dL
HDL: Above 40mg/dL
for Men & Above
50mg/dL for Women

⊙ Blood Glucose Targets:

- Fasting, 90-130mg/dL
- 2 Hours after eating,
Less Than 180mg/dL

Smoking and Diabetes

Why Is It So Hard to Quit?

✓ **First, nicotine is highly addictive.**

- Withdrawal symptoms: being irritable, sweating, having headaches, diarrhea, or constipation, as well as feeling restless, tired, or dizzy
- The symptoms are worse on the second day after quitting, and it gradually lessens with time

✓ **Second, for many smoking is psychological because it becomes part of their daily ritual.**

- It is like a security blanket
- It helps you wake up in the morning
- It's used as a reward
- It's a form of relaxation
- It perks you up when you want a lift

✓ **Thirdly it's easy to put off quitting.**

- Pleasures of smoking start within seconds of lighting up
- Bad effects of smoking take years to be seen
- The effects of quitting are immediate (*withdrawal*)
- The benefits of quitting can't be seen past the withdrawal symptoms

Preparing to Quit:

Quitting smoking is probably the most important thing you can do for your health and for those around you. Ask yourself these questions:

- What causes me to light up?
- What about it do I enjoy?
- How often do I smoke?
- How will I reward myself when I decrease my smoking frequency?
- It's important to do this so that quitting smoking is associated with an immediate and positive activity.
- Some examples are treating your self to a movie, a CD, clothes or putting money in a jar every time you don't light up a cigarette.

WRITE A LIST of good reasons to quit and keep that list with you.

Let family and friends know so they can support you.

Set up a date to quit so that you can prepare yourself for it.



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Diabetes Education

Smoking and Diabetes

More Ways to Quit:

- Look at when you smoke. There are several ways to decrease the number of times you light up.
- Some people have to quit altogether.
- For others it's better to start with the easiest times they can stop lighting up. And gradually decrease from there.

Reasons to Quit:

- Sense of smell improves
- Save lots of **MONEY**
- You'll be warmer or cooler (not going outside to smoke)
- Your loved ones will be comforted knowing you are taking care of your health
- Less coughing
- Food tastes better

Ways to Quit Smoking:

- ✓ For some people just taking a puff or two is enough to satisfy the craving.
- ✓ Nicotine replacements work for people who are physically addicted to nicotine. These people smoke more than 20 cigarettes a day, or who smoke their first cigarette within 30 minutes of waking up, or who have severe withdrawal symptoms when trying to quit before.
- ✓ Nicotine patch or nicotine gum – a small amount of nicotine enters your blood and gradually weans you from the physical dependence on nicotine. These items help reduce withdrawal symptoms.
- ✓ A series of patches are worn with decreasing nicotine doses. After a few weeks, you've been weaned totally from nicotine.
- ✓ The success rate is double for someone who uses the patch compared to someone who doesn't use a patch.
- ✓ Just to be aware, patches can raise blood sugar levels in some people with diabetes
- ✓ It is not recommended you smoke while wearing the patch
- ✓ Some find it easier to join a support group of people who are also trying to quit smoking
- ✓ Find out if your health plan, local hospital, local organizations such as the American Lung Association or the American Cancer Society have quit smoking programs
- ✓ Ask what the focus of the class is. Some classes target getting you ready to quit, and others try to help you stay off cigarettes.
- ✓ Hypnosis is most useful for helping you avoid the things that trigger you to smoke. Make sure you choose a hypnotist with a clinical degree (for example, a physician or psychologist).
- ✓ Acupuncture uses fine needles that are placed in various parts of your body. It works by stopping the craving to smoke. It will work in seven treatments or fewer for those who respond to this treatment.



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Staying On Course:

Once you're on your way to quitting, how do you keep on track? The first 3 months are the toughest. **Here are some ways to keep going:**

- ✓ Come up with ways to tackle the temptation to light up.
- ✓ Avoid situations and environments that cause you to light up.
- ✓ Plan to take a bath
- ✓ Chew sugarless gum
- ✓ Find something to do with your hands
- ✓ Step outside for some fresh air when the urge to smoke hits you.
- ✓ If you know you are going to be around smokers, be prepared. Practice an answer for when you're offered a cigarette.
- ✓ If you do smoke a cigarette, renew your decision to quit. Figure out why you slipped up and how you might avoid doing so again.
- ✓ Once your body's metabolism returns to normal, you may put on a little weight. The average is about 7 pounds. Speak with a dietitian about changing your meal and exercise plans.

Let your health care provider know after you quit because your diabetes control will probably improve. This will require adjustments to your insulin dose or diabetes pill schedule. In addition, if you are being treated for high blood pressure or high cholesterol levels, your condition may improve so that your treatment for these conditions may also change.

Stay on course →



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