



Celebrating Cessation

Volume 2, Issue 10 November 2009

Tobacco Cessation Program

Iowa/Nebraska Primary Care Association

Newsletter Spotlight—Diabetes

Smoking increases your risk of getting diabetes

If you smoke and think you are otherwise in good health. Think again. According to a study published in the *American Journal of Epidemiology*, smoking 16 to 25 cigarettes a day increases your risk for Type 2 diabetes to three times that of a non-smoker. The more risk factors a person has, the greater the chances are of developing diabetes.

Risk factors for Type 2 diabetes include:

- Family history of diabetes
- Being of African-American, Hispanic, or Native American race or ethnic background
- Obesity (This means a person is 20 percent or more over his or her appropriate body weight.)
- Physical stress (This includes things such as surgery or illness.)
- Use of certain medicines
- Injury to the pancreas (Injuries can occur from things such as infection, tumor, surgery, or accident)
- Autoimmune disease
- Hypertension
- Elevated blood cholesterol or triglyceride levels
- Age (Risk increases with age.)
- Alcohol (Risk increases with years of heavy alcohol use.)
- Smoking
- Pregnancy (Women can develop diabetes during pregnancy. If this happens, the chance of developing Type 2 diabetes later in life also increases.)



November is American Diabetes Month!



Smoking increases complications for those who have diabetes.

While smoking can increase your chances of getting diabetes, it can also make managing diabetes more difficult for those who already have it. Other complications of smoking on diabetes include retinopathy (eye disease), heart disease, stroke, vascular disease, kidney disease, nerve damage, foot problems, and many others.

Other ways smoking can harm you include:

- Cancer of the mouth, throat, lung, and bladder
- Stroke
- Heart attack
- Hardening of the arteries (atherosclerosis)
- Increased blood pressure
- Limited joint mobility
- Increased cholesterol and other fat levels in your blood
- Impotence

Myths and truths about diabetes and smoking

MYTH: Diabetes is already going to 'get me', so it doesn't matter if I smoke.

TRUTH: Most people who control their diabetes can prevent or delay complications for many, many years. Smoking wipes out all of your hard work to keep complications away. It is smoking that will 'get you' in the end.

MYTH: Smoking makes me feel better. There are so many things about diabetes that make me feel bad (e.g., injections, fingersticks, high and low blood sugars)

TRUTH: Smoking - like any drug - gives you that good feeling for a short time.

Every time you smoke, you do more damage to your body. Find other ways to relieve stress (exercise, pets, etc.) and *make a healthy change!*

Questions or Comments?

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