



Tobacco Use



You may already know that tobacco use contributes to cancer, heart disease and stroke. But, do you know what it can do to your diabetes?

Why is it important to stop using tobacco?

Tobacco increases your risk of developing complications or can worsen the complications you may already have by causing:

- High blood pressure
- High cholesterol
- Elevations in blood sugar
- Damage to your blood vessels and nerves leading to problems with your vision, heart, kidneys and sexual function

Smokers with diabetes have

- Increased risk of early death 11 times greater than a person without diabetes.

Plan for Success

Have you tried to quit before? What has worked for you in the past? What has not? Study your smoking habits? What makes you light up?

- **If you smoke for the feel of the handling**, try holding something else in your hand, like a coin, beads or rough stone.
- **If you smoke for the stimulation**: try walking, swimming, chewing gum or even a new hobby.
- **If you smoke for relaxation**: find other things to do (sports, crafts, hobbies).
- **If you smoke to reduce tension**: the easiest time to quit is when you are on vacation or doing something that relaxes you.
- **If you smoke because of the cravings**: the best way for you to quit is cold turkey. A good time for you to stop smoking is when you have a cold and cigarettes don't taste so good.
- **If you smoke out of habit**: make yourself aware of when and where you smoke. Try putting the cigarettes out of reach or wrap in paper and put a rubber band around them.

Remember that nicotine, the drug in tobacco, is one of the most addictive substances. Kicking the habit is hard, but worth it.

Find The Right Motivation

- Remind yourself of your personal reasons for quitting.
- Write down a list of reasons why you want to quit and carry it with you.

Make A Specific Action Plan

- Set a specific day and time to quit. Choose a time in your life that is fairly calm.
- Cut your smoking rate in half during the week prior to quitting.
- Have healthy alternatives to smoking with you (sugarless gum, mints, or cinnamon sticks).
- Increase your activity level – take a walk may help calm a strong urge.
- Plan short-term rewards for sticking to your goal.

Concerned About Weight Gain?

While it is true that many people gain some weight when they stop smoking, most gain less than 10 pounds. The health benefits of stopping smoking far outweigh the risk of those 10 pounds. Take a walk when a strong urge hits.

Enlist Support

1. Talk to your doctor about nicotine replacement products (nicotine patch, gum). If you use either of these products...you **SHOULD NOT** smoke. If you do smoke, the extra nicotine can make you sick, raise your blood pressure and strain your heart.
2. Ask your doctor about medication that will help decrease cravings.
3. Let family, friends and co-workers know you're trying to quit. Ask them to not smoke in your presence. Stay away from places you always smoke.
4. Check your local hospital, health department or the following agencies about smoking cessation programs.

American Cancer Society 1-800-227-2345 www.cancer.org

American Heart Association 1-800-968-2422 www.americanheart.org

American Lung Association 1-800-586-4872 www.lungusa.org

U.P. Diabetes Outreach Network

Strengthening Diabetes Care & Prevention In Upper Michigan

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