

# Tobacco Use and Diabetes

**Tobacco can aggravate many problems that people with diabetes already face, such as heart and blood vessel disease.**

- Tobacco cuts the amount of oxygen reaching the body — less oxygen can lead to a heart attack, stroke, miscarriage, or stillbirth.
- Tobacco increases your cholesterol levels and other fats in your blood, raising your risk of a heart attack.
- Tobacco damages and narrows the blood vessels — damage can worsen foot ulcers, lead to blood vessel disease, blindness, and foot infections.
- Tobacco raises your blood sugar level, making it harder to control your diabetes.



*Gangrene  
caused by poor  
circulation*



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**People with diabetes who use tobacco are more likely to:**

- Suffer amputations.
- Develop nerve damage and kidney disease.
- Develop colds and respiratory infections.
- Have limited joint mobility.
- Develop cancer of the mouth, throat, lung and bladder.
- Die of heart disease (three times more likely than a non-diabetic).
- Have high blood pressure.
- Have problems with impotence.
- Become blind.



***Remember — stopping tobacco use is probably the most important thing you can do for your health and for those around you!***

Source: [www.diabetes.org](http://www.diabetes.org)

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