



Informed to Quit. Inspired to Quit.
IQuit with AHEC.

1-877-848-6696 | www.ahectobacco.com

SMOKING AND DIABETES

Besides hair loss, eye problems, wrinkles, hearing loss, cancer, tooth decay, emphysema, heart disease, ulcers, amputations, sexual dysfunctions, and other health problems, smoking is also directly associated with diabetes.



The chemicals in cigarette smoke contribute to diabetes by not allowing insulin to do its job. The inflammation caused by smoking decreases the action of insulin, so all the sugars stay in the blood stream.



QUIT YOUR WAY



PHONE QUIT



GROUP QUIT



WEB QUIT



MORE QUIT TOOLS

Quitting tobacco isn't easy. Finding help should be. Check out the free tools and services to help you get started. No judgements. Just help.

IQUIT w/ AHEC:

1-877-848-6696

Quit Coach: 1-877-822-6669

Web Quit: ahectobacco.com
tobaccofreeflorida.com

Diabetic smokers should quit smoking or using any type of tobacco product immediately.

The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Insulin becomes more effective in as little as eight weeks after a smoker quits.

- 20 Minutes after quitting your blood pressure decreases
- 8 Hours later, your blood oxygen level returns to normal.
- 3 Months later, your lung function improves up to 30%.
- 1 Year later, your risk of heart attack is cut in half.
- 10 Years later, your risk of dying from lung cancer is about half that of a smoker's.
- 15 Years later, your risk of coronary disease is that of a non-smoker's.