

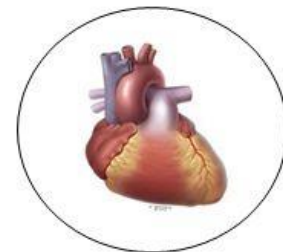
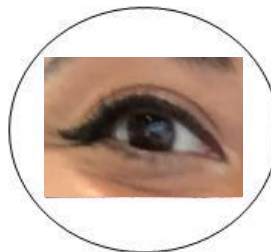
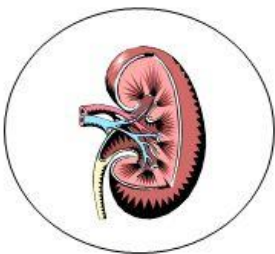
# Commercial Tobacco & Diabetes



**Smokers are 44% more likely to develop Type 2 diabetes than non-smokers.**

***Smokers with diabetes have higher risks for serious complications, including...***

- ◆ Heart disease (heart attack and stroke)
- ◆ Kidney disease
- ◆ Poor blood flow to the legs and feet which can lead to infections, ulcers, and possible amputation
- ◆ Retinopathy (eye disease that can lead to blindness)
- ◆ Peripheral neuropathy (nerve damage to the arms and legs that can cause numbness, pain, weakness and poor coordination)



# Commercial Tobacco & Diabetes



**Insulin is less effective in people with Type 2 diabetes who are exposed to nicotine.**

## Did you know?

Health benefits of quitting commercial tobacco use (including chewing tobacco) begins within a day, and continues for years.

### *Within 24 hours of quitting...*

- ◆ blood pressure and heart rate begin to drop down to normal levels
  - ◆ Blood vessels are no longer as constricted
- ◆ Decrease risk of heart attacks, strokes and kidney, eye, and nerve damage

### *After one year...*

- ◆ Cuts commercial tobacco related risk of coronary artery disease in half
  - ◆ Decrease risk of cardiovascular, eye, kidney and nerve damage

### *After 5 to 15 years...*

- ◆ The risk of stroke returns to the level of a non-smoker

For more information on commercial tobacco use, diabetes, and health effects please contact:

Mattie Tomeo-Palmanteer:

[mtomeopalmanteer@npaihb.org](mailto:mtomeopalmanteer@npaihb.org)

Chandra Wilson: [cwilson@npaihb.org](mailto:cwilson@npaihb.org)