

# Vermont Quit Network

Where you're in charge of choosing the options that work for you.

## DIABETES, SMOKING AND YOUR HEALTH

**Smoking has severe effects on your diabetes and your health.**

- **Eyes** – Smoking can make vision problems worse, which can lead to blindness.
- **Teeth** – Smoking raises your risks of getting gum disease and losing your teeth.
- **Nerves** – Smoking raises your risk of nerve damage. This can cause numbness, pain and problems with digestion.
- **Heart** – Smokers with diabetes are much more likely to have a heart attack or stroke than people with diabetes who don't smoke.
- **Feet & Legs** – Smoking can lead to serious foot and leg problems like infections, ulcers, and poor blood flow. Smoking raises your risk of amputation.
- **Blood Sugar** – Smoking raises your blood glucose (sugar) and reduces your body's ability to use insulin, making it more difficult to control your diabetes.
- **Kidneys** – Smoking increases your risk of getting kidney disease.

To request a free copy of the “*Learning to Live Well with Diabetes*” booklet, call (802) 863-7606. For an electronic version of the booklet, and other information, log onto the Diabetes Prevention and Control Program section at [healthvermont.gov](http://healthvermont.gov).



every try counts

1-800-QUIT-NOW (784-8669) [vtquitnetwork.org](http://vtquitnetwork.org)

VERMONT DEPARTMENT OF HEALTH

The **Vermont Quit Network** offers free nicotine replacement therapy – patches, gum or lozenges – to all Vermonters. Delivered to your home for FREE.