

# Smoking and your health

**When you have diabetes, it is very important to take care of yourself.  
You may be healthier if you stop smoking.**

## When you smoke:

- You may get cancer
- Your chance of a stroke or heart attack goes up
- Your chance of dying from heart disease or stroke goes up
- Your blood pressure may go up
- Your nerves and kidneys may be damaged
- Foot ulcers may get worse and lead to leg and foot infections
- Your sex life may be affected

## When you stop smoking:

- Your health will improve
- You may add years to your life

If you can stop for 15 years, your chance of heart disease is like someone who never smoked at all!

**Quit smoking...  
and stick with it!**



Stopping smoking is not easy.  
Here are some things that can help:

- Know when and why you smoke
- Find another way to relax
- Get exercise
- Keep your hands busy, with beads or a pen
- Reward yourself when you stick to it
- Ask family and friends to help
- Set a date to quit

*And talk with your doctor about treatments that can help you stop smoking... for good!*