

## Smoking increases the risk of developing type 2 diabetes

People who smoke are twice as likely to develop type 2 diabetes than people who don't smoke or who quit smoking.

The number of cigarettes smoked is also a consideration: the more you smoke, the higher your risk of developing type 2 diabetes.

Smoking tobacco makes insulin less effective! Insulin is the hormone that lowers blood sugar.

## Diabetes and tobacco share the same adverse effects on health!

- Thicken the blood and increase blood pressure
- Accelerate damage to the heart and blood vessels
- Decrease blood flow to the gums and change the bacteria in the mouth

## Smoking increases the risks of diabetes complications

- Heart attack
- Stroke (CVA)
- Problems with the eyes, kidneys, nerves, mouth and teeth
- Erectile dysfunction

The risk of developing type 2 diabetes declines over the medium and long term after a person quits smoking.

# Resources

**Tobacco-free Quebec:**  
advice about quitting and health  
[tobaccofreequebec.ca/iqitnow](http://tobaccofreequebec.ca/iqitnow)

**Free helpline – I Quit Now:**  
1-866-527-7383

**Text messages – I Quit Now:**  
[tobaccofreequebec.ca/iqitnow/text-help](http://tobaccofreequebec.ca/iqitnow/text-help)

**Short Messages Against Tobacco (SMAT)**  
from the Canadian Cancer Society  
[smat.ca/en](http://smat.ca/en)

**Quit to Win Challenge!**  
[quitchallenge.ca](http://quitchallenge.ca)

**SOS Challenge app**  
(available from Google Play and the App Store)

**Canadian Lung Association**  
[lung.ca](http://lung.ca)

**Questions about diabetes?**  
**InfoDiabetes Service**  
514-259-3422  
1-800-361-3504  
[infodiabete@diabete.qc.ca](mailto:infodiabete@diabete.qc.ca)

Diabetes School  
**Universi D**  
[universi-d.com](http://universi-d.com)

Diabetes  Québec  
[diabete.qc.ca](http://diabete.qc.ca)

Diabetes  Québec

# Smoking and diabetes



# Want to quit smoking?

Here are the steps to follow:

## 1 Identify your motivations

- Improved glycated hemoglobin, that is, the average blood sugar level in the last two to three months
- Improved blood pressure
- Reduced risk of diabetes complications
- Higher tolerance to physical effort

## 2 Make a realistic plan

- Recall a successful change you made in the past to a lifestyle habit. What were the elements that helped you succeed in that venture?
- Set a date when you will quit smoking, ideally within the next 30 days. Choose a time when your life is relatively calm.
- Display the reasons why you decided to quit smoking so they are always within sight.
- Get rid of your cigarettes, matches, lighters and ashtrays.
- Be prepared with an alternative for situations that trigger cravings.
- Inform your family and friends about your decision and ask for their support.

## 3 Select more than one method to help you quit

- Join a support group.
- Get help from a smoking-cessation specialist.
- Use a nicotine replacement method to reduce withdrawal symptoms, such as patches, gum, tablets, oral inhalers or sprays.
- Take prescription medication to reduce your cravings and withdrawal symptoms, such as bupropion or varenicline.

Discuss options with your doctor or pharmacist so you can make an informed choice.



### What about vaping?

Whether you have diabetes or not, vaping products can be harmful to your health, even if some of them contain no nicotine.

Vaping products can also impair diabetes management. Some of them contain molecules that convert to glucose (sugar). If a person with diabetes regularly vapes, this supplementary supply of glucose can increase their blood sugar levels.

### Don't get discouraged if at first you don't succeed



Relapse is part of the process of changing a behaviour. If it reoccurs, identify what triggered it and plan actions to take in case it happens again.

