

SMOKING MAY INCREASE YOUR RISK OF GETTING DIABETES

It is already known that smoking cigarettes can cause serious health problems. Studies show that smoking affects how well a person's body uses insulin. Smoking may increase the chance of developing diabetes says Debbie Lay RN from the Fayette County Health Department Diabetes Prevention and Control program. Other factors that affect whether a person will develop diabetes include: being overweight, not exercising regularly, being over 45, having a sibling or parent who has diabetes and being Latino, African American, American Indian, asian American or Pacific- Islander.

If you already have diabetes, quitting smoking can help. Smoking raises blood sugar levels and makes it harder to control your diabetes. Diabetes increases your risk of heart disease. People with diabetes who smoke are three times more likely to die from heart disease than people with diabetes who don't smoke. Smoking also increases your risk of kidney disease and nerve damage. Smoking damages blood vessels and can increase the risk of foot ulcers and infections. Smokers can get more colds and infections than nonsmokers. Even a simple cold can make it harder to manage diabetes.

If you smoke, make a plan to quit. If you have diabetes, check with your health care provider before and after you quit smoking. Smoking and diabetes are a dangerous combination. Both increase your risk of heart disease and other serious illnesses.. When combined, the risk is even greater. Illinois residents can call the **Illinois Tobacco QuitLine** for free **1-866-QUIT- YES**. OR you can contact Fayette County Health Department at 283-1044 to find out about **Break the Habit program to quit smoking**.