

# Diabetes and Smoking

## What is Diabetes?

Diabetes is a health condition that happens when your body's blood sugar is too high.<sup>1</sup> Your body makes a hormone called insulin which helps your body turn food into energy. If you have diabetes, your body can't make enough insulin (Type 1) or can't use the insulin it has (Type 2).<sup>2</sup> The third type of diabetes is gestational diabetes, which sometimes develops in pregnant people. Gestational diabetes usually goes away after pregnancy.<sup>2</sup>

## Signs of Diabetes<sup>1,3</sup>

- Needing to pee a lot
- Feeling very thirsty
- Feeling more hungry than normal
- Cuts/bruises/sores heal slowly
- Feeling really tired
- Blurry vision
- Weight loss- even though you're eating (Type 1)
- Tingling, pain, or numbness in hands or feet (Type 2)

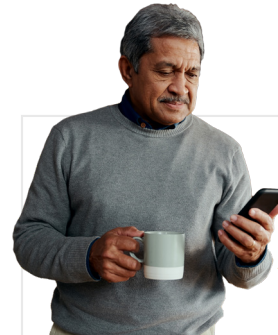
## Diabetes and Smoking<sup>4</sup>

- Smoking can cause Type 2 diabetes
- Tobacco smoke causes your body to create hormones that make your blood sugar higher
- Smoking makes managing your diabetes harder
- People who smoke and have diabetes may need more insulin to keep their blood sugar levels normal

## Taking Care of Diabetes<sup>2</sup>

Make a plan with your doctor to:

- Quit smoking
- Exercise
- Lose weight if you are overweight
- Eat healthy foods
- Test your blood sugar
- Watch your blood pressure and cholesterol
- Take insulin and/or other medicines



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1. National Institute of Diabetes and Digestive and Kidney Diseases. [www.niddk.nih.gov](http://www.niddk.nih.gov). Accessed March 2024

2. CDC. (2023). *Smoking and Diabetes*.

3. American Diabetes Association. [www.diabetes.org](http://www.diabetes.org). Accessed March 2024.

4. CDC. (2021). *Health Effects of Cigarette Smoking*.