Tobacco use damages nearly every organ in the body. But, for people with diabetes, tobacco use is even more dangerous. Learn more about the risks of smoking and spit tobacco use, and get the help you need to quit today.

If you have diabetes or are at risk of developing it, it's critical that you stop all forms of tobacco use.

Call the Mississippi Tobacco Quitline for free tips and products that can help you quit successfully.

1-800-QUIT-NOW
(1-800-784-8669)
www.quitlinems.com

Mississippi State Department of Health

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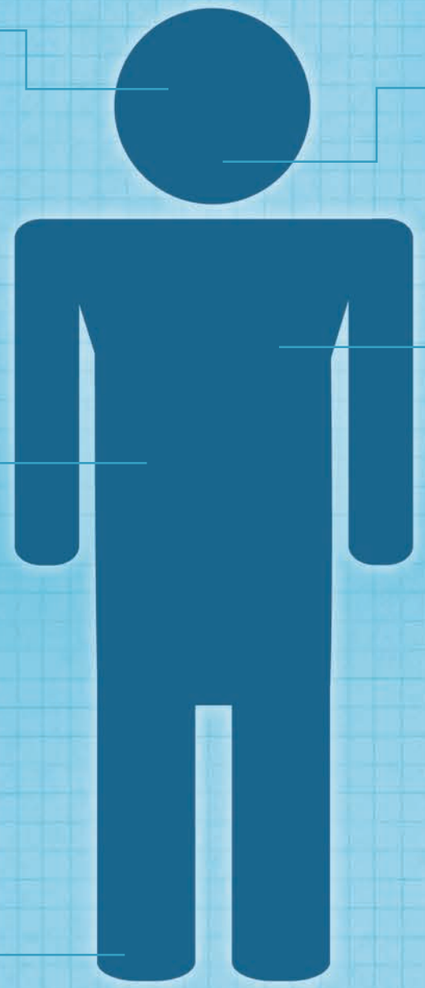
tobacco use and DIABETES

EYES – Smoking puts you at even greater risk for serious eye problems that may lead to eye damage or clouding of the lens of the eye.[1]

TEETH – People with diabetes already have a higher risk of gum problems. Smoking and spit tobacco increase the chance of getting infections of the mouth, which can lead to tooth loss.[5]

BLOOD SUGAR – Nicotine raises blood sugar while it lowers insulin levels in the body. This makes it harder to control diabetes. Also, spit tobacco is high in sugar.[2]



HEART – Two out of three people with diabetes die from stroke or heart disease. Smokers are more likely to have heart disease and more likely to die from it.[6]

KIDNEYS – Smoking causes high blood pressure, one of the leading causes of kidney disease. If you already have kidney problems, smoking can make it worse and may lead to kidney cancer.[3]

NERVES – Smoking damages blood vessels and causes greater chance of nerve damage and loss of legs.[7]

FEET – Damaged blood vessels can cause poor circulation and raise the risk of foot problems and the loss of toes or legs.[4]

Sources: 1 American Optometric Association. 2 National Institute on Drug Abuse. 3 National Kidney Foundation. 4 National Diabetes Information Clearinghouse. 5 American Diabetes Association. 6 American Heart Association. 7 National Diabetes Information Clearinghouse, Mayo Clinic.