

Smoking & Diabetes in MS 2022

Smokers are 30 to 40 percent more likely to develop type 2 diabetes than nonsmokers.

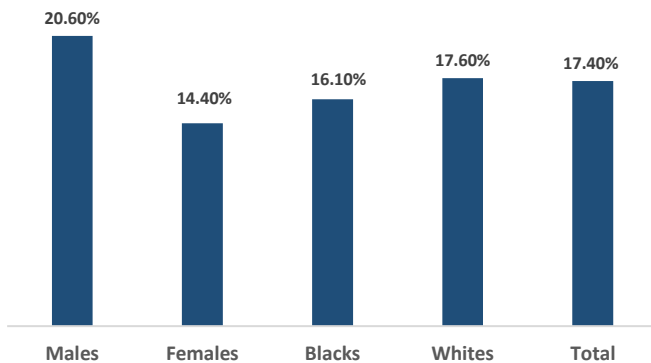
People with diabetes who smoke are more likely than those who don't smoke to have trouble with insulin dosing and managing their condition.

Irrespective of the type of diabetes, smoking makes diabetes harder to manage.

People who smoke with diabetes are more likely to have serious health problems from diabetes, including:

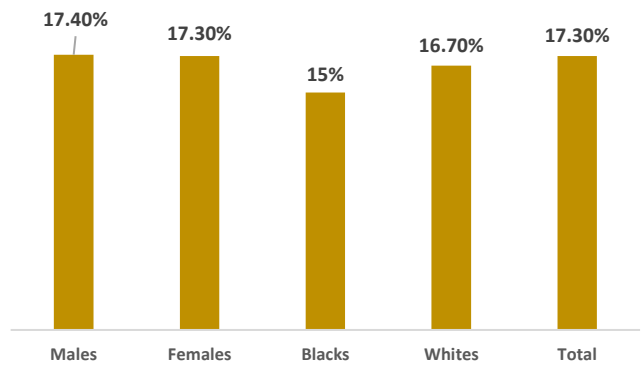
- Heart disease
- Kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves in the arms and legs that cause numbness, pain, weakness, and poor coordination).

Fig. 1 Current Smoking in MS, 2022



- More than one-sixth of the MS adults were current smokers (17.4%) and carry a 30-40 % higher risk of developing Diabetes. Among them, men are at a higher risk with about one-fifth of them being current smokers, (Fig. 1).
- The percentage of diabetics who are current smokers was higher among men in 2022 (17.4%) and in the white population in MS (16.7%), who are at a higher risk of serious health problems mentioned earlier. (Fig. 2).

Fig 2 Current Smokers with Diabetes, MS 2022



- About 27% of 18–44-year-old individuals were at higher risk of developing smoking-associated diabetes complications than any other age group in MS along with individuals making less than 15K USD (27%) and 15-24.9K (20%) USD annual income level
- The percentage of individuals with diabetes and current smoking was 56% higher among individuals without any form of insurance compared to individuals with some type of health insurance.

Quit for Good

As soon as you stop smoking, your body starts healing itself:

- In 20 minutes, your heart rate and blood pressure drop.
- In 12 hours, carbon monoxide (a toxic gas from cigarette smoke) in your blood drops to normal.
- In 2 weeks to 3 months, your circulation and lung function improve.
- In a year, your risk for heart disease is half that of someone who still smokes.

Quitting smoking also helps your body use insulin better, which can make your blood sugar levels easier to manage.

Data Source: CDC, BRFSS 2022, FDA