



BlueResourceSM – Healthy Lifestyle – Understanding Smoking and Diabetes

Clearing the Smoke on Diabetes

If you smoke, chances are you've heard it's bad for your lungs and makes your heart work harder. But did you know it can raise your blood sugar? If you smoke, your risk for Type 2 diabetes goes up by 30 to 40 percent. Need some inspiration to live smoke-free? We'll give you some.

Rev up your cells. Nix nicotine to help prevent cell damage. Your body can feed cells with the sugar they need to make energy. Happy cells lead to a healthy body.

Reduce inflammation. Stop breathing in toxic chemicals. Your natural insulin will stop harmful proteins that clog blood vessels. Less waxy buildup lowers your risk for heart attack.

Bust your belly fat. Say goodbye to tobacco so your liver can better control your metabolism. Fat cells are broken down to help extra pounds melt away.

Turn back the clock. Toss your cigarettes. Your body will start healing in 20 minutes. The longer you kick the habit, the more health benefits you'll rack up.



Stop smoking to help keep your blood sugar in check.

Sources: *Smoking and Diabetes.* Centers for Disease Control and Prevention. 2021.
Smoking and Inflammation. National Institute of Health, National Library of Medicine. 2005.
Weight Loss After Quitting Smoking. Centers for Respiratory Health. 2021.

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