

Tobacco and Diabetes: What You Need to Know

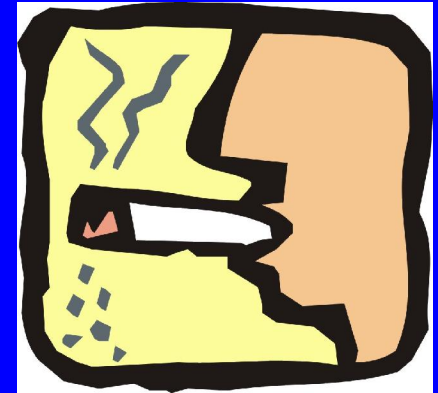


Add your organization's name here

“Tobacco Use”

- **Means:**
 - **Smoking or chewing commercial tobacco products to satisfy a nicotine addiction and/or conform to social norms.**
- **Does not mean:**
 - **Using tobacco as a sacred plant for spiritual or traditional purposes.**

What's in Cigarette Smoke?



- **Complex mix of gases & particles**
 - Over 4000 chemicals; Over 250 toxic
- **Cancer Causing (over 50 known & probable)**
 - E.g. benzene, arsenic

What's in Cigarette Smoke?

- **Chemicals that hurt the whole body/irritate the lungs**
 - E.g. ammonia, CO, formaldehyde, hydrogen cyanide, nicotine
- **Chemicals that hurt a baby's or fetus' growth and development/damage reproductive system**
 - E.g. Carbon monoxide, lead, nicotine

How Smokers with Diabetes Increase Their Risk for Cardiovascular Disease (CVD)

- **↓ amount of oxygen reaching the tissues**
- **Damages and constricts blood vessels**
- **↑ blood pressure**
- **↓ levels of HDL (good) cholesterol**
- **↑ risk of blood clots forming in damaged blood vessels**
- **↑ insulin resistance**

How Much Does Smoking Increase the Risk of CVD in People with Diabetes?

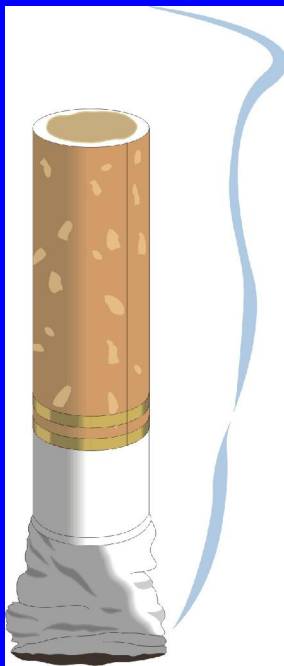
- **People with diabetes who smoke are 3 times more likely to die from heart disease or stroke as people with diabetes who don't smoke**
- **This is in addition to the already elevated risk of death from CVD for people with diabetes (about 2 to 4 times higher than people without diabetes)**



More Bad News

- **Smoking also ↑ risk of other diabetes complications:**
 - **Kidney disease and failure**
 - **Nerve damage**
 - **Ulcers and infections that may lead to amputations**
 - **Possibly eye damage**
- **Smoking may even have a role in development of Type 2 diabetes**

"The earlier you can quit smoking once you've been diagnosed with diabetes, the better your chances are of preventing coronary artery disease and other deadly complications."



**Richard Nesto, MD
Spokesperson
American Heart Assoc.**

**Recommendations
for Health Care Providers
Regarding Diabetes and Smoking
The “5 As”**

- **ASK**
- **ASSESS**
- **ADVISE**
- **ASSIST**
- **ARRANGE**



1-800-QUIT NOW

NEW MEXICO
DEPARTMENT OF
HEALTH

Special Concerns

- **Weight Gain**

Some people gain weight; average weight gain 6-10 lbs.

- **Depression**

Smokers with diabetes and depression may have a harder time quitting and may need extra help

Adolescent Smokers with Diabetes

- **Most start smoking after diagnosis of diabetes**
- **Smoking rate same as adolescents without diabetes**
- **ADA recommends all health care providers consistently repeat advice not to initiate tobacco use among children and adolescents with diabetes under age 21**



Other Tobacco Products

- **Chewing tobacco, pipes, cigars**
 - **Not a safe alternative to cigarettes or to abstaining from tobacco use**
 - **Contain nicotine**
 - **Can cause a number of other health problems**



Second Hand Smoke (SHS)

- **Higher levels of carbon monoxide and nicotine in SHS compared to mainstream smoke**
- **SHS causes heart disease and impaired function of blood vessels and platelets**
- **SHS causes >35,000 heart attack deaths in U.S. each year, plus non-fatal heart attacks & angina**
- **SHS ↑ glucose intolerance**



In Conclusion

- **“Substantial evidence supports inclusion of the prevention and cessation of tobacco use as an important component of state-of-the-art clinical diabetes care.”**
 - ADA Position Statement (2004)
- **“...individuals with...diabetes, vascular disease or hypertension comprise a susceptible population at even greater risk from ETS exposure.”**
 - California EPA (2005)



Diabetes and Tobacco Resources

- ❖ NM Department of Health Tobacco Use Prevention & Control Program Quitline
1-800-QUIT NOW
- ❖ NM Department of Health Tobacco Use Prevention & Control Program
www.youthrisk.org/tupac/index.php
- ❖ NM Department of Health Diabetes Prevention & Control Program
www.diabetesnm.org
- ❖ Smoking & Tobacco (available after 12.31.09) and Diabetes & Depression on-line trainings
www.diabetesnm.org
- ❖ NM Health Care Takes on Diabetes Diabetes Practice Guidelines
www.nmtod.com
- ❖ Talking to Patients About Weight Gain handout
(from “Helping Patients with Diabetes Quit Using Tobacco”, Utah Tobacco Prevention & Control Program, 2003.)