

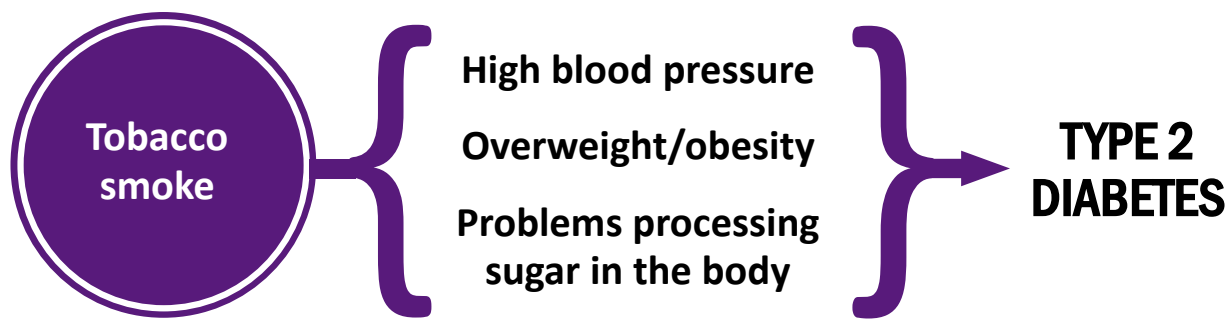
Tobacco Use and Diabetes

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How does tobacco use cause diabetes?

Diabetes is a disease in which the body can't control sugar levels well.



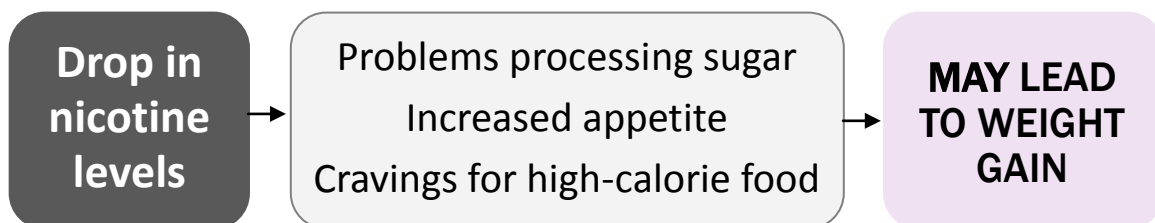
Light smoking increases the risk of Type 2 diabetes by **25%**, while heavy smoking increases risk by **54%**.

When using tobacco, individuals with diabetes may experience:

- Worse symptoms of diabetes
- Interference with insulin therapy
- Greater risk of diabetic complications, including:
 - ◇ Heart disease
 - ◇ Kidney disease
 - ◇ Poor circulation
 - ◇ Amputation
 - ◇ Eye damage
 - ◇ Nerve damage

Will I gain weight if I quit using tobacco?

After quitting tobacco, the body must adjust to a drop in nicotine levels.



You can avoid gaining weight by using the following strategies:

- 1 Avoid skipping meals
- 2 Listen to your body
- 3 Eat healthy snacks
- 4 Chew sugar-free gum
- 5 Engage in physical activity
- 6 Meditate
- 7 Keep tempting food out of the house
- 8 Take part in an activity or hobby

How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



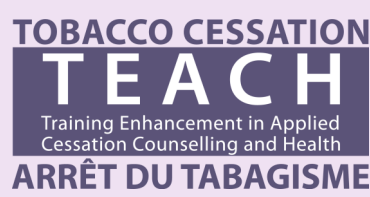
Eat well.



Stay active.

Resources

- [Smoker's Helpline](https://18775135333.ca) (1 877 513-5333)
- [Canadian Diabetes Association](https://diabetes.ca) (diabetes.ca)
- [Tobacco Atlas](https://tobaccoatlas.org) (tobaccoatlas.org)



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