Tobacco Use & Type 2 Diabetes

what’s the link?

CAMH Nicotine Dependence Services Fact Sheets

How does my tobacco use cause Type 2 Diabetes?

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

Tobacco smoke

- High blood pressure
- Overweight/obesity
- Problems processing sugar in the body

TYPE 2 DIABETES

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

Interested in learning more?
For more fact sheets, visit the Resources section at www.teachproject.ca.
Will I gain weight if I quit using tobacco?

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

Drop in nicotine levels → Problems processing sugar → Increased appetite → Cravings for high-calorie food → MAY LEAD TO WEIGHT GAIN

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** (1-877-513-5333)
- **Canadian Diabetes Association** (www.diabetes.ca)
- **Tobacco Atlas** (www.tobaccoatlas.org)

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