

# Diabetes, Smoking, and Your Patient

▶ **People who have diabetes and smoke are at increased risk of complications associated with diabetes. Complications may include <sup>1</sup>:**

- **Vascular disease** — Smoking damages blood vessels throughout the body. Your patients with diabetes who smoke are 11 times more likely to have a heart attack or stroke than your patients who don't have diabetes and don't smoke. <sup>4</sup>
- **Neuropathy** (peripheral and autonomic) — Smoking increases the risk of nerve damage for your patients with diabetes. This can result in impotence in men, gastroparesis, and amputations. <sup>5</sup>
- **Nephropathy** — Smoking triples the risk of kidney disease in your patients with diabetes. <sup>4</sup>
- **Retinopathy** — Smoking can increase the risk of blindness in your patients with diabetes. <sup>3</sup>
- **Periodontal disease** — Smoking increases the chance of tooth loss in your patients with diabetes. <sup>3</sup>

To ensure your patients' optimum health and care, advise every smoker with diabetes to quit. Raise the issue at every visit. Smokers are more likely to take action when advised by their doctors.

## To help your patients with diabetes quit smoking today:

**ASK:** Is your patient a smoker?

**ADVISE:** Your patient to quit smoking.

**REFER:** Your patient to the California Smokers' Helpline.

*It's Free. It's Easy. It's Convenient. We can help your patients quit.*



**English:** 1-800-NO-BUTTS  
**Spanish:** 1-800-45-NO-FUME  
**Mandarin & Cantonese:** 1-800-838-8917  
**Vietnamese:** 1-800-778-8440  
**Korean:** 1-800-556-5564  
**TDD/TTY:** 1-800-933-4TDD  
**Chewing Tobacco:** 1-800-844-CHEW



California  
Smokers'  
Helpline  
1-800-NO-BUTTS

## ▶ What is the California Smokers' Helpline?

- A FREE telephone counseling program for Californians to quit smoking, in operation since 1992. Scientifically proven in randomized trials to help patients quit. <sup>6</sup>
- Operated by the Cancer Center at the University of California, San Diego.
- The first statewide tobacco quitline in the nation, now a model of excellence for similar programs worldwide.

## ▶ For More Information

- To order promotional materials to assist in your referrals, visit [www.nobutts.org](http://www.nobutts.org).
- To inquire about partnership opportunities, call (858) 300-1010 or email [cshoutreach@ucsd.edu](mailto:cshoutreach@ucsd.edu).
- To learn more about diabetes resources visit the California Diabetes Program at [www.caldiabetes.org](http://www.caldiabetes.org).
- See Diabetes, Smoking, and Your Patient references on page 2.

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## References

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3. Diabetes Australia (1999). Smoking and Diabetes – What you need to know. In *Diabetes & You, The Essential Guide*. [www.multilingualdiabetes.org/multilingualdiabetes/HealthPros/YourBody/lungs.htm](http://www.multilingualdiabetes.org/multilingualdiabetes/HealthPros/YourBody/lungs.htm)
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5. Utah Tobacco Prevention & Control Program (2004). Tobacco and Diabetes. [http://www.tobaccofreeutah.org/tobacco\\_diabetes\\_handout.pdf](http://www.tobaccofreeutah.org/tobacco_diabetes_handout.pdf)
6. Zhu, S, Anderson, CM, Tedeschi, GJ, et al. Evidence of real-world effectiveness of a telephone quitline for smokers. *N Engl J Med* 2002;347:1087-93, 2002.

