

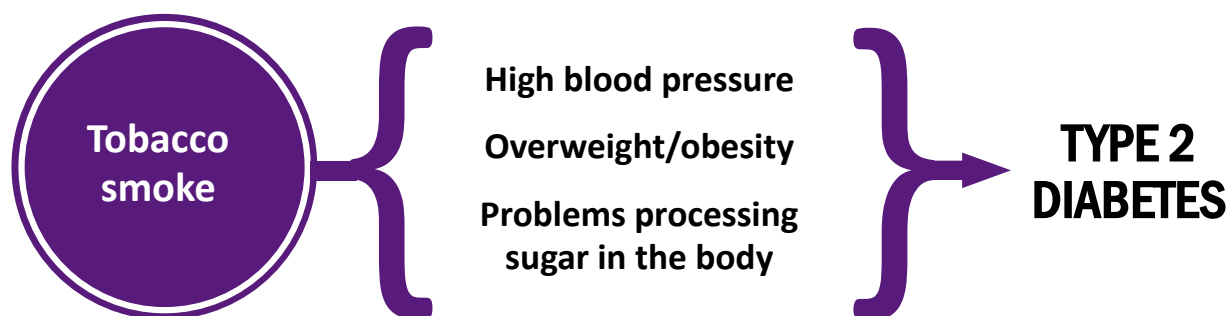
Tobacco Use & Type 2 Diabetes

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.



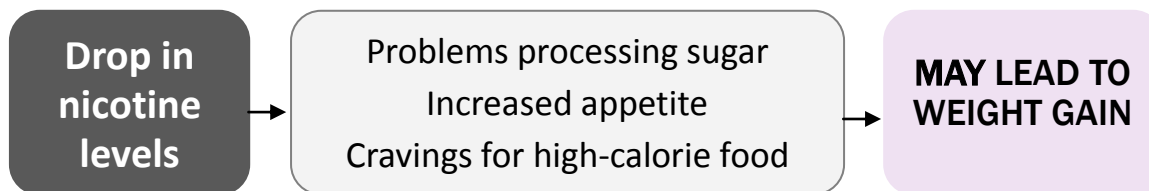
Light smoking increases the risk of Type 2 diabetes by **25%**, while heavy smoking increases risk by **54%**.

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?

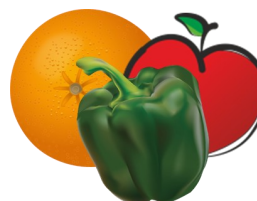
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- [Smoker's Helpline](https://www.1877-513-5333.ca) (1-877-513-5333)
- [Canadian Diabetes Association](http://www.diabetes.ca) (www.diabetes.ca)
- [Tobacco Atlas](http://www.tobaccoatlas.org) (www.tobaccoatlas.org)