

Smoking

Sure, we've heard it all before. Smoking causes lung cancer and high blood pressure; smoking increases the risk of heart attacks, narrows arteries, narrows the airways in the lungs, ages the skin, smells unpleasant – the list goes on and on.

Smokers often believe that smoking calms the nerves, peeps you up, relieves boredom, keeps weight down, and boosts social confidence. Its easier not to face the harm smoking is doing but **Its time to stop!**



Its time!

If you have diabetes its time; time to look realistically at the bad side of smoking.

Diabetes and smoking

Are the risks any higher when smoking is combined with diabetes?

YES!

The combined effects of diabetes and smoking are crippling. A diagnosis of diabetes doubles the risk of cardiovascular disease and smoking doubles it again. Add up the risk factors in this table and see how they affect you.

Factor	Risk
Age 50 to 60	double
High blood pressure	double
High cholesterol	double
Family history of heart attack	double
Diabetes	double
Smoking	double
eg: age 50 - 60 = 2, x high blood pressure = 4, x diabetes = 8, x smoking = 16 times normal risk of cardiovascular disease	

Smokers who have diabetes also increase their risk of blindness, kidney failure, nerve damage, amputations and dental problems.



Poisons in tobacco smoke

What makes cigarettes so bad? Tobacco smoke contains thousands of chemicals; among them tar, nicotine, carbon monoxide, arsenic and ammonia. There is no such thing as a safe cigarette.

Nicotine raises blood pressure and heart rate.

Carbon monoxide is a gas which robs your body of oxygen. It affects your brain, eye sight, muscle control and lungs.

Tar contains a number of cancer causing substances. It coats your lungs and spreads through your respiratory system.

Decided to quit?

The benefits are immediate. Stop smoking now and:

- > after 2 hours – the nicotine is out of your blood;
- > after 6 hours – your heart rate slows down and your blood pressure drops slightly;
- > after 24 hours – the carbon monoxide is out of your system;
- > after 2 days – your taste buds come alive and your sense of smell returns;
- > within 2 months – the blood flow to your hands and feet improves;
- > after about 3 months – both men and women become more fertile;
- > after 12 months – your risk of sudden death fro heart attack is down to about half that of a smoker; and
- > after 5 years – your sudden death risk is almost the same as for someone who hasn't smoked.

Will I be able to stop?

'I've tried before and failed.' Most people attempt quitting several times before reaching their goal of non-smoking.

'I get irritable and feel sick when I don't smoke.' These withdrawal symptoms begin as nicotine starts to disappear from the body, and it takes 10-12 days for your body to adjust.

Remember, you will save money too – the average smoker spends at least \$1000 each year on cigarettes.



What now?

Where to find help

Some of the places with information to help you quit are listed on below. But, most of all, you must decide to quit! (Information and help are free.)

Quitline

Phone: 8291 4141 or Quitline 137 848 (free to callers outside metropolitan area.) Quitline offers personal help and advice over the telephone and access to good booklets.

Your general practitioner

Tell your GP that you want to quit and ask for assistance. Your GP can prescribe the appropriate nicotine replacement therapy, other medication and provide advice and support.

Your diabetes care team

Your general practitioner, diabetes specialist doctor, diabetes educator and dietitian are all willing to help you become a non-smoker – seek their assistance.

Your local community health centre or hospital

These may provide counselling, advice and information. Check the one in your area.

For more information

Diabetes Outreach

8 Woodville Rd
Woodville South SA 5011
Telephone: (08) 8222 6775
www.diabetesoutreach.org.au

