NO SMOKING

The risks of smoking

- Smoking causes cancer
- Smoking causes heart attack. If you smoke and have DM, you are even more likely to have a heart attack and die from heart disease.
- Smoking causes poor circulation to the legs and feet that can lead to amputation.
- Smoking causes breathing problems.
- Smoking during pregnancy damages the unborn baby.
- Smoking raises blood glucose levels.
- Smoking increases the risk of kidney disease in those with DM.
- If you are a man who smokes and have DM, you are more likely to have problems with sexual function.
- If you smoke and have DM, the risk of nerve damage is increased. Nerve damage can lead to numbness and pain in feet.
- If you smoke and have DM, you are more likely to lose teeth.

How to stop smoking?

To get help to stop, come to see your doctor and ask about:
- Tablets
- Patches
- Gum

NOTE: DM can cause blindness before you experience changes in your vision. You can prevent it by:
- Having a regular eye check with your optometrist
- Keep blood glucose levels under control
- Keep blood pressure under control
- No smoking