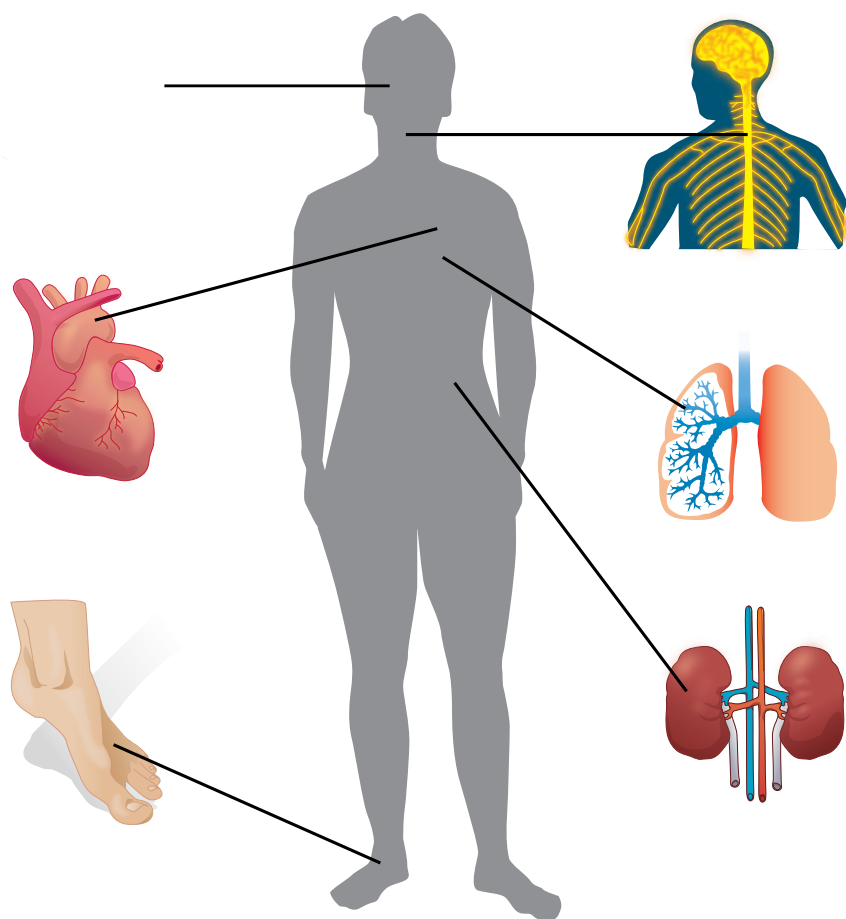


Smoking and Diabetes



- Smoking causes many health problems. These problems can be even more serious for people with diabetes.
- Smoking when you have diabetes can lead to:
 - High blood pressure
 - Increased risk of miscarriage or stillbirth
 - Heart attack and stroke
 - Damaged eyesight
 - Kidney disease
 - Nerve damage, numbness and pain
 - Amputations
 - Difficulty getting and keeping an erection
 - Gum disease and loss of teeth
 - More colds and chest infections.
- Your health will start to improve right after you quit or cut down on the amount that you smoke.
- If you would like to stop smoking, talk to your health care provider.
- Remember never quit quitting!

