

Know the Facts

TOBACCO USE AND DIABETES



In 2017, 18.7% of patients with diabetes were current smokers.

DIABETES IS A MAJOR CAUSE OF



Heart Attacks



Blindness



Kidney Failure



Lower-Limb Loss

SMOKING INCREASES YOUR RISK OF DEVELOPING TYPE 2  DIABETES BY 30-40%.

Smokers with diabetes have a higher risk of **HEART AND KIDNEY DISEASE.**

People with diabetes who **QUIT TOBACCO** have better control of their **BLOOD SUGAR LEVELS.**

HOW TO QUIT

Be Well Arkansas can help you quit. If you're thinking about quitting, our wellness counselors can help you. Call 833-283-WELL.



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Know the Facts

TOBACCO USE & HEART HEALTH



Smoking raises your risk of

**HEART
ATTACK**

STROKE

**HEART
FAILURE**

AFTER QUITTING, WITHIN:

1 DAY

Your heart rate and blood pressure drop.

1 YEAR

Your risk of heart disease is cut in half.

**5-15
YEARS**

Risk of stroke is the same as someone who has never smoked.

**SECONDHAND
SMOKE RAISES
RISK OF HEART
DISEASE BY**

25-30%.



**BREATHING
SECONDHAND
SMOKE**

can cause heart disease, including heart attack and stroke.

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