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.
Smoking raises your risk of heart attack, stroke, and 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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