



## Diabetes and Smoking

### Dr Deborah Wake – Diabetes Consultant

Smoking is a risk factor for, particularly for cardiovascular disease. That includes heart disease and stroke. It's also a major risk factor for other illnesses such as cancer and respiratory diseases. If you have diabetes and you smoke, there are additional risks. It can first of all, increase your risk of developing diabetes in the first place. It can increase your insulin requirements if you have diabetes, and it can multiply your risk of diabetes complications as well as heart disease and stroke. This includes complications with your eyes, kidneys and feet. We were there for strongly advise anyone who does smoke, who has diabetes to consider giving up smoking, and if you need help to give up smoking, there are many ways to do that. You can receive support from your healthcare professional group, and there's also medical treatments that can help with the nicotine addiction and to help you safely withdraw from the cigarettes.

### Nina Patel – Diabetes Nurse Consultant

So, smoking, I say is bad anyway, but if you're a diabetic person, person with diabetes and you've smoked, so you've got a double whammy. And so we log in with, with the smoking cessation program, and then I would get them to get involved with the practice nurse.

