

# Diabetes and Smoking: A Risky Combination

## Look at the benefits of quitting smoking:

**24** hours after quitting: Your chance of heart attack decreases

**48** hours after quitting: Ability to smell and taste improves

**2-3** weeks after quitting: Blood flow improves  
Walking becomes easier  
Lung function improves

**1** year after quitting: Your excess risk of heart disease is half that of a smoker

**THINK** about why you want to quit smoking.

**TALK** to your doctor. Ask about medications that can make quitting easier.

**QUIT** smoking. Set a quit date.  
Get support from friends and family.



**For free help, call 311.**