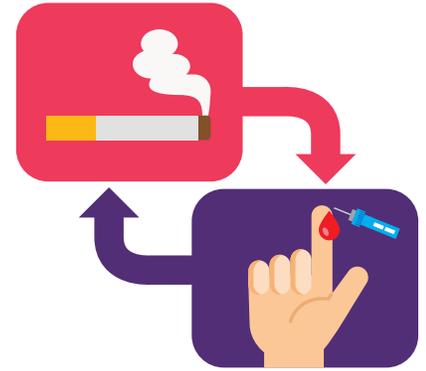


# Diabetes and Smoking

If you have diabetes and smoke, it can raise your blood sugar so that you may need more insulin or medication. On its own, smoking increases your chance of having heart disease or stroke, which are also possible complications of diabetes. Quitting smoking can help decrease the risk of complications of diabetes.



## Benefits of Quitting

When you quit smoking, you help manage your diabetes by:

- Improving your blood sugar levels
- Making insulin work better in your body (so you may be able to take less medicine)
- Lowering the risk of diabetes complications such as heart disease, eye disease, blindness, and nerve and blood vessel damage



## Ways to Quit

There are many ways to quit smoking. Not all methods work for everyone. Some people are able to quit all at once and others quit gradually over time. Most people take multiple tries to quit smoking, so do not be discouraged to try again. Work with your doctor to figure out the best methods for you, which may include:

- Nicotine replacement therapy (the patch, gum, lozenge, inhaler or nasal spray)
- Prescription medicines, such as bupropion (Zyban or Wellbutrin) or varenicline (Chantix)
- Counseling

Most health insurance plans, including Medicaid, cover medicines and counseling to help you quit.



## Find Support

If you are ready to quit, you can start by:

- Setting up an appointment with your doctor to discuss your plan to quit
- Contacting the New York State Smoker's Quitline at [nysmokefree.com](http://nysmokefree.com) or 866-NY-QUITS (866-697-8487) to apply for a free starter kit of nicotine medicine and to talk to a quit coach
- Talking to a local pharmacist for advice about over-the-counter medicine options
- Calling **311** or visiting [nyc.gov/health/map](http://nyc.gov/health/map) to find quit-smoking programs across the city that can provide low- or no-cost medicine or counseling

If you are not ready to quit:

- Nicotine replacement therapy (NRT) can help keep you comfortable and help manage cravings in smoke-free spaces. To learn more, watch the 15-minute Be Free with NRT video. Visit [youtu.be/UOEpWE8GY0Q](http://youtu.be/UOEpWE8GY0Q).