

Smoking and diabetes

- Diabetes affects your heart and blood vessels.
- Smoking also affects your heart and blood vessels.
- If you have diabetes and you smoke, the risk of heart disease, stroke and losing limbs is increased even more.
- If you stop smoking, your risk reduces.

What are the effects of smoking?

Smoking can lead to fat sticking to your blood vessel walls (a process called atherosclerosis). This slowly blocks the blood vessels that take oxygen to the heart muscle and other parts of the body.

- Smoking causes heart and lung diseases, the two biggest killers in Aboriginal and Torres Strait Islander communities.
- You are three times more likely to have a heart attack if you smoke.
- Tobacco smoke also contains over 4,000 chemicals and more than 60 of these are known to cause cancer in people.

There is no 'low risk' level of smoking. Each cigarette you smoke is doing you damage.

Why quitting is good for you and your Mob

- Quitting the smokes is the best thing you can do to improve your health. By quitting you greatly reduce your chance of developing cancer, heart disease, stroke and lung disease.
- Becoming a non-smoker will reduce your chance of impotence (difficulty with erections) for men, and difficulty falling pregnant, premature births, small babies and miscarriage for women.
- If you are a smoker and you have children, quitting smoking means you will lower your children's risk of Sudden Infant Death Syndrome (SIDS), ear infections, allergies, asthma, bronchitis and other lung problems, and reduce the chance they will take up smoking later in life.

Where do I go to quit?

- Your local doctor or GP can give you support and refer you to other places to help you.
- Your local Aboriginal Medical Service or Health Worker can also help you.
- The Quitline provides counselling over the phone. You can ring this number at any time.

Call  137848

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Tips for successfully quitting the smokes

- Get medical assistance from your local doctor, Aboriginal Medical Service or Health Worker. This can add to your support network and help you reduce or give up the smokes. Being prepared can be the key to successfully quitting smoking, so having a quit plan is a good idea.

Here are some key things to consider:

- Set a realistic date to quit by
- Plan how to deal with triggers
- Ask friends and family to support you as you give up the smokes
- Create smoke free zones
- Plan how to deal with cravings (think of something to do when you feel most like having a smoke)
- Reduce caffeine intake
- Plan to limit alcohol
- Plan some rewards

As well as medical assistance from your local doctor, Aboriginal Medical Service and support from your family and friends, the Quitline can also provide support when you decide to quit smoking.

**Call Quitline 13 7848**



"Hands on Country"

This painting was created for Australian Diabetes Council by artist Chris Tobin, a Dharug man, and a traditional custodian in the Blue Mountains region. In the artist's words: "The central part of this painting represents the relationship of the clan – it's a unity of people looking out for each other while living independent lives."



Inside the blood vessel of a non-smoker without any blockages.



inside the blood vessel of a smoker showing blockages.

How smoking damages your body

- Stroke
- Mouth cancer
- Lung cancer/Emphysema/Bronchitis
- Heart disease
- Stomach cancer
- Kidney cancer
- Bladder cancer
- Infertility/Impotence
- Cancers of the cervix, ovary and uterus
- Blocked arteries and peripheral vascular disease
- Weakened bones
- Complications in the lower limbs (e.g. amputations). Watch for signs or symptoms like numbness or your feet changing colour.

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