

Alaska Tobacco Facts: Your Path to Quit Tobacco Can Start Today



QUIT for your health

Quitting tobacco before you develop diabetes helps protect your health.¹

Smoking is one cause of type 2 diabetes.¹

Nicotine is a chemical in tobacco that impacts cells in your body. Nicotine can increase blood sugar levels and make it harder for cells to respond to a hormone called insulin. Other chemicals in cigarettes also harm your body's cells and cause inflammation.

Over time, these changes to your body can contribute to developing type 2 diabetes. With diabetes, your body doesn't make enough insulin or can't use it well. Your body has trouble moving blood sugar into your body's cells to use as energy. Diabetes can lead to many other health problems over time, including heart disease, chronic kidney disease, nerve damage, amputations, and hearing or vision loss.¹ The more someone smokes, the higher the chances of developing type 2 diabetes.¹

Fortunately, quitting smoking can improve chances for a longer, healthier life.

It's NEVER TOO LATE

If you have type 2 diabetes and use tobacco, it is never too late to quit.¹

Quitting smoking can make managing diabetes easier.¹

People with diabetes who smoke have higher chances of health problems from diabetes, like heart disease, kidney failure, blindness, nerve damage, and early death. People with diabetes who smoke may also need larger doses of insulin to keep their blood sugar close to healthy levels. As soon as you quit smoking, your body starts healing itself.² Just one month after quitting, coughing and shortness of breath decrease.² In a year after quitting, your chances for heart attack drop sharply.²



How can you prevent and manage diabetes?



Avoid tobacco



Maintain a healthy weight

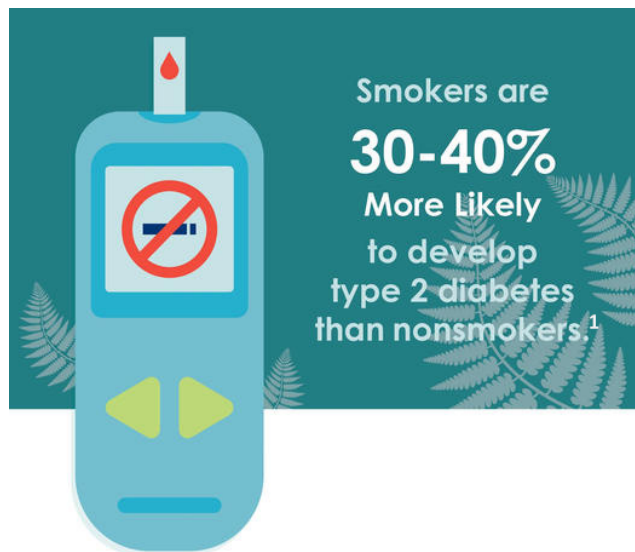


Be physically active



Eat a healthy diet

These habits are linked to as much as an 80% reduction in the chances of developing chronic diseases like heart disease, cancer, and diabetes³, the leading causes of death and disability in the United States.⁴



Alaska's Tobacco Quit Line can help. Quitting tobacco with Alaska's Tobacco Quit Line is an important way to reduce your chances of developing type 2 diabetes and improve your health.

To access free, confidential support to quit tobacco for good, call 1-800-QUIT-NOW, text READY to 34191 or visit <https://alaskaquitline.com/>.

Alaskans can quit smoking and prevent and manage chronic diseases. There are free programs to help.



Alaska Tobacco Facts: Smoking increases chances of type 2 diabetes and related health problems

Alaska's Tobacco Quit Line:



Ready to quit smoking, using chew or dip, or vaping? You don't have to do it alone. This service provides free quit coaching over the phone or online; a personalized quit plan; and free nicotine replacement therapy like patches, lozenges, and gum.

- **To get enrolled,**
 - **Call** 1-800-QUIT-NOW (1-800-784-8669),
 - **Text** READY to 34191, or
 - **Visit** alaskaquitline.com to get enrolled.



Fresh Start:



Ready for change? Alaska offers free programs for better health to lose weight, move more, lower blood sugar or blood pressure, feel less stress, sleep better, and stop using tobacco and vaping. **All these programs are free.** Many match you with a coach so you don't have to do it alone. Many can be completed online or over the phone and at your pace — wherever you are.

Visit freshstart.alaska.gov to find the program that's right for you.



References

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