

#### Can smoking cause diabetes?

- smoking has been established as a risk factor for Type 2 diabetes and identified as a possible risk factor for insulin resistance, a precursor for diabetes
  - compared to non-smokers with diabetes, people with diabetes who smoke have twice the risk of premature death. The risk of complications associated with tobacco use and diabetes in combination is nearly 14 times higher than the risk of either smoking or diabetes alone
  - women who smoke during pregnancy are at increased risk of developing gestational diabetes and also increase the risk of their offspring developing diabetes later in life
  - women who have pregnancy-related diabetes have a seven-fold increased risk of subsequently developing Type 2 diabetes compared with women who have normal levels of glucose in pregnancy
  - public health efforts to reduce smoking could have a substantial effect on the worldwide burden of type 2 diabetes
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#### Is there a link between second-hand smoke and diabetes?

- active *and* second-hand smoking are associated with significantly increased risks of Type 2 diabetes
  - 'never smokers' who are exposed long term to second-hand smoke have a 50% higher chance of getting Type 2, according to recent studies
  - Type 2 incidence rates also increase with second-hand exposure to smoke in childhood. This demonstrates the importance of smoke free environments, especially in public places. Smoking bans and increased smoke-free environments may prove to be an important approach to reducing the incidence of Type 2 worldwide
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#### Does smoking exacerbate diabetes?

- smoking and diabetes both increase the risk of heart disease in very similar ways, and so when combined, they greatly increase the chances of suffering a heart attack or stroke
- diabetic nerve pain is a syndrome that affects people with diabetes. Diabetic nerve pain usually occurs in peripheral regions or extremities, such as feet and legs, hands and arms. Smoking is known to increase the risk of nerve pain occurring
- diabetic retinopathy is a common complication of diabetes, occurring when high blood sugar levels damage the cells at the back of the eye. If it isn't treated, it can cause blindness. Giving up smoking helps control diabetic retinopathy
- reducing lifestyle-based risk factors such as smoking can improve the blood flow to vascular extremities. Both Type 1 and Type 2 diabetes are known risk factors in developing peripheral arterial disease, where a build-up of fatty deposits in the arteries restricts blood supply to leg muscles. These problems can lead to ulcers and infections that may lead to amputation