

Diabetes Smoking & Withdrawal

Are you a diabetic? Do you smoke? Do people around you smoke? We all know smoking is a direct cause of cancer but if you have diabetes smoking - including passive smoking - leads to other health problems...

7 Reasons Why Mixing Diabetes with Smoking is a Very Bad Idea

1. You are more likely to get nerve damage (neuropathy). This is because smoking affects your blood circulation and that in turn means your nerve endings are not getting the nutrients they need. If this happens to the nerves in your feet it could lead to sores and infections and, if not taken care of properly, even amputation.
2. There is an increased risk – double in fact -of you getting limited mobility in your joints. It's no fun trying to bend, climb stairs or lift something when you have a painful joint.
3. Because of smoking you could develop kidney disease.
4. When you smoke your blood pressure increases. Increased blood pressure creates a real risk of heart disease.
5. Research has shown that diabetics who smoke increase, 3-fold, the risk of dying of heart (cardiovascular) disease.
6. By smoking you increase your blood-sugar levels. This makes it more difficult to control your diabetes because your glucose levels could be fluctuating quite dramatically. This, in turn, leads to other problems.
7. And it also increases your cholesterol levels, which increases the risk of a heart attack.

Smoking Withdrawal: How to Handle Symptoms

Symptom	How long it lasts	What you can do	Symptom	How long it lasts	What you can do
Irritability	2-4 weeks	Walks, hot baths, relaxation techniques, nicotine gum	Insomnia	1 week	Avoid caffeine in the evening, practice relaxation techniques
Fatigue	2-4 weeks	Take naps, do not push yourself, nicotine gum	Cough, dry throat, nasal drip	A few days	Drink plenty of fluids, try cough drops
Dizziness	1 or 2 days	Take extra caution, change positions to keep your balance	Lack of concentration	A few weeks	Plan work load accordingly and avoid addtl stress during first few weeks
Tightness in the chest	From tension of nicotine withdrawal or caused by sour muscles from coughing – a few weeks	Use relaxation techniques, especially deep breathing; nicotine gum may help	Constipation, gas, stomach pain	1 or 2 weeks	Drink plenty of fluids and eat plenty of fruit, vegetables and whole grain foods
Hunger	Up to several weeks	Drink water or low-calorie liquid and be prepared with low calorie snacks	Craving for a cigarette	Most severe the first 2 or 3 days – urges can last about 2-10 minutes	Wait out urges and distract yourself with an exercise like walking or deep breathing

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