

Did you know?

Commercial tobacco abuse rates and incidents of diabetes are high among American Indian and Alaska Native populations.

People with diabetes who smoke are three times more likely to die from cardiovascular diseases than those who do not smoke.

Smoking doubles the damage to the body caused by diabetes and makes amputations and strokes more likely to happen.

What should I do?

If you smoke, quit now. If you don't smoke, don't start. That way you reduce the possibility of contracting diabetes or if you have diabetes, you will improve your quality of life through better health.

Utah Tobacco Quit Line
1.888.567.TRUTH



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NKTSU
Networking to Keep
Tobacco Sacred in Utah



Indian Walk-In Center

Helping "The People"

The Truth About Smoking Tobacco

and Diabetes

**PROMOTING
HEALTH
AND WELLNESS**

*Smoking Increases
your risk of developing
Type 2 Diabetes*

www.iwic.org



Native Americans used tobacco for both medicinal and ceremonial purposes

Indian Walk-In Center Commercial Tobacco Prevention Program



Smoking

May cause insulin resistance where the body does not efficiently use the Insulin it produces

Causes circulation problems because of
Increase in glucose levels
Increase in Cholesterol Level
Increase in plaque
Increase in Blood Pressure
Atherosclerosis

Circulation problems cause
Damage to organs and tissues
Cardiovascular Disease
Heart attacks
Blood clots
Stroke
Kidney damage and failure
Eyesight degeneration
Damage to feet and legs

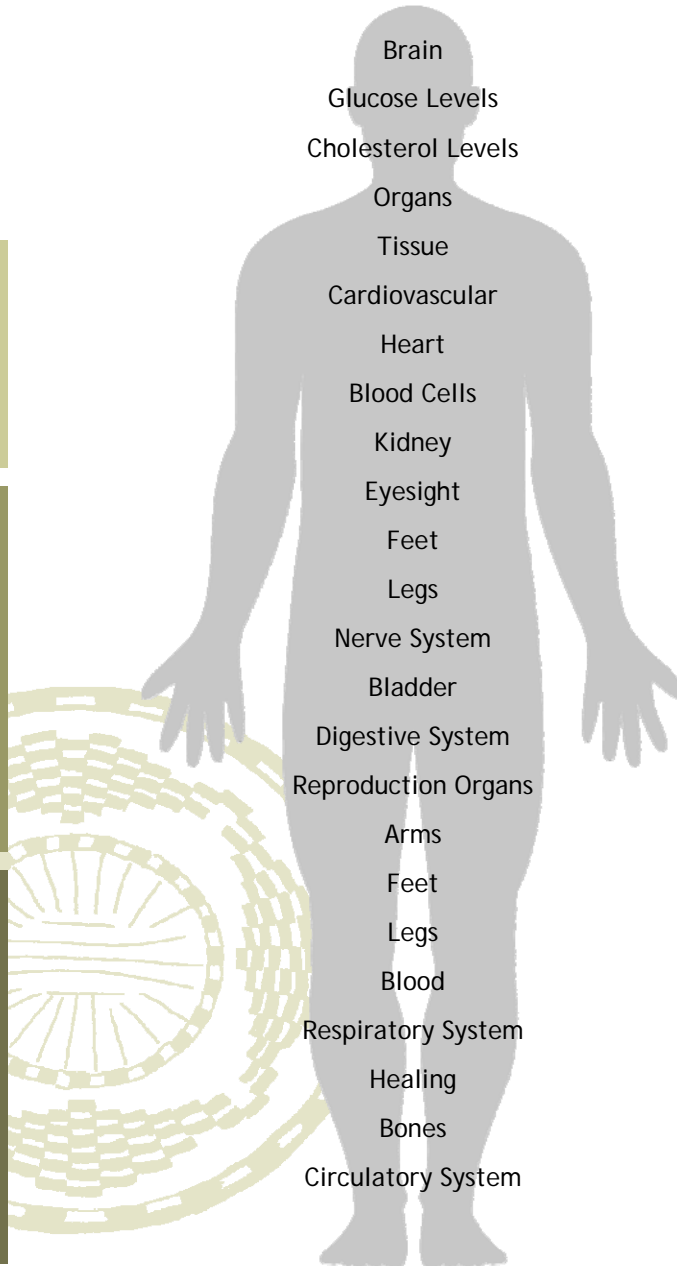
Increased infection and slow healing leading to amputation

Nerve Damage (Neuropathy)

Nerves controlling bladder, digestive tract and reproduction organs

Nerves to extremities including feet and legs.

Areas affected



Diabetes

Occurs when the body does not produce sufficient insulin or does not efficiently use Insulin. Insulin enables blood sugars (glucose) to pass into the cell where it is used to produce the energy we need to survive.

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Increase in glucose levels
Increase in Cholesterol Level
Increase in plaque
Increase in BP
Atherosclerosis

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Damage to feet and legs
Increased infection and slow healing

Cuts amount of oxygen reaching tissues
Deprives cells of need energy and slows down healing

Smokers get more colds and respiratory infections

Smokers develop mobility problems

Smokers experience reproduction problems