

DIABETES & SMOKING ARE A DOUBLE THREAT

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I was asked an interesting question the other day, and felt it worthy to share with our community. Does smoking increase the risks associated with diabetes?

Many of the complications associated with diabetes can be further complicated by smoking and vice versa, and include the following:

1. High Blood Pressure raises your risk for heart attack, stroke, eye problems and kidney disease.
2. Gum disease and oral health issues.
3. Kidney issues.
4. Peripheral vascular disease and peripheral arterial disease.
5. Cancer related deaths.
6. Obstructive sleep apnea.

Having either diabetes or smoking increases your risk of developing the above complications, but put them both together and you have a double threat. Decrease your risk by giving up smoking.

Research information was obtained from the American Diabetes Association and the CDC.