



Diabetes and Smoking Don't Mix

Aboriginal people have a long history of using tobacco in ceremonies and in prayer, but smoking cigarettes is not a traditional use of tobacco.

Smoking can cause a lot of health problems, but it's even worse if you have diabetes.

If you smoke and have diabetes, you may have:

- Higher risk of a heart attack or stroke
- Higher risk of nerve damage and kidney problems
- Higher blood sugars and high blood pressure
- More colds or infections
- Damaged blood vessels which can make it harder for you to heal
- Problems with erections

No matter how long you have been smoking, your health will start to improve when you quit.

There are many ways to quit smoking. Most of all you have to want to do it. Make a plan and don't give up!

To learn more about diabetes, visit your local health care provider, or go to: www.healthcanada.gc.ca/ADI



Aboriginal *Diabetes* Initiative