

Do you use any tobacco products including cigarettes, chewing tobacco, e-cigarettes / vaping?

Yes

No

If you answered yes would you like SFHC to make you an appointment with your doctor to discuss ways to quit smoking, chewing tobacco or using tobacco products?

Yes

No

Smoking is bad for your health. Smoking hurts your lungs and your heart. It lowers the amount of oxygen that gets to your organs, raises your bad cholesterol and raises your blood pressure. All of these can raise your risk of heart attack or stroke.

Can smoking lead to diabetes?

Tobacco use can increase blood sugar levels and lead to insulin resistance. The more you smoke, the greater your risk of diabetes. Heavy smokers — those who smoke more than 20 cigarettes a day — almost double their risk of developing diabetes, when compared with nonsmokers. How does smoking affect diabetes?

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People with diabetes who smoke have higher blood-sugar levels and less control over their blood-sugar levels than nonsmokers with diabetes. Smoking affects circulation by increasing heart rate and blood pressure and by making small blood vessels narrower.

Can smoking cause high blood sugar?

Recent research suggests that not only does smoking raise blood sugar, but it also weakens to the body's ability to respond to insulin. Uncontrolled blood sugar can lead to serious diabetic complications, such as problems with your kidneys, heart, and blood vessels.