People with diabetes who use tobacco are likely to suffer from serious health issues.

HOW TOBACCO USE AFFECTS PEOPLE WITH DIABETES

**EYE**
You are more likely to have eye problems leading to blindness.

**BRAIN**
Smoking increases your risk of having a stroke.

**HEART**
Smoking increases your risk of heart disease.

**KIDNEYS**
Smoking increases your risk of kidney disease and failure.

**BLOOD**
Smoking causes blood and circulation problems. It increases your blood sugar levels and decreases blood flow. It also puts you at higher risk for high blood pressure and/or heart disease.

**MOUTH**
Smoking increases your risk of mouth and throat cancers. It also increases your risk of tooth and mouth diseases.

**HANDS & FEET**
Smoking decreases blood flow to your hands, legs and feet. This increases your risk for amputations.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

For more information, visit njhealth.org/quittobaccohelp