



Smoking and ***type 1*** ***diabetes***

**Advice for people with
type 1 diabetes who smoke**

 **Quitline[®] 13 7848**



Stopping smoking can help you manage your diabetes better and ***live a longer, healthier life.***

Advice for people with type 1 diabetes who smoke

While you can't change the fact you have type 1 diabetes, you can change the fact you smoke.

Smoking adds to the stress on your body. Stopping smoking will make your diabetes easier to manage.

Quitting may not be easy, but it can help to reduce the risk of complications from diabetes.

We suggest ways to quit, and where to get more help if you need it.

Before you quit

It is important to see your doctor and/or diabetes educator before quitting. They will want to know you are trying to quit so they can monitor your blood glucose levels, insulin dose and blood pressure. Stopping smoking can affect how you absorb insulin and your insulin dose may need to change.

Also, you should tell your doctor if you are living with a mental illness, including depression, or if you are taking any other medicines. The dose of some medicines may need to change when you stop smoking.

Your doctor will also be able to tell you which stop smoking medications are right for you.

What tobacco use is doing to you

Smoking increases blood glucose and insulin resistance.

People with type 1 diabetes who smoke may need a larger dose of insulin than non-smokers to manage their glucose levels.

If you have type 1 diabetes and you smoke, you are more likely to:

- find it harder to manage your blood glucose
- develop kidney disease, eye disease and nerve damage in your arms and legs
- have a heart attack or stroke
- have poorer circulation in your feet and legs, leading to peripheral vascular disease (PVD)
- if you are a man, have problems with getting or maintaining an erection, even in your 30s or 40s
- develop gum disease which can increase the risk of tooth loss.



With every puff, chemicals from tobacco smoke pass through your lungs into your blood stream. They go everywhere your blood flows and damage many different parts of your body.

Smoking makes your blood vessel walls sticky and allows dangerous fatty material to build up. Your blood becomes thicker (more syrupy), stickier and more likely to clot.

This can lead to heart attack, stroke and PVD in your feet and legs.

PVD can cause leg pain when walking or, as it gets worse, pain when resting. In severe cases, with nerve damage, it can lead to leg ulcers and gangrene. Some people may need to have a limb or limbs amputated.

The longer you keep smoking, the more likely that some damage becomes permanent.

You can reverse or slow down the development of these problems by stopping smoking.

The sooner you quit, the sooner your health will improve.

When you stop smoking

People who stop smoking can achieve blood glucose levels that are similar to someone who has never smoked. This might not happen straight away but may improve over months or years.

Better management of blood glucose levels can help prevent or slow down development of diabetes complications, including kidney disease, eye disease and nerve damage. This means you could have more healthy years.

Within two days of stopping smoking:

- Your heart rate slows and your blood pressure becomes more stable.
- The level of carbon monoxide in your blood drops. Oxygen more easily reaches your heart and muscles.
- Your fingertips become warmer and your hands may be steadier.

Over the next few months:

- Your immune system improves and your body is better at fighting off infection.
- Your blood becomes less thick and 'sticky' and the flow of blood to your hands and feet improves.
- You cough and wheeze less. Your lungs' natural cleaning system starts to recover, becoming better at removing mucus, tar and dust.



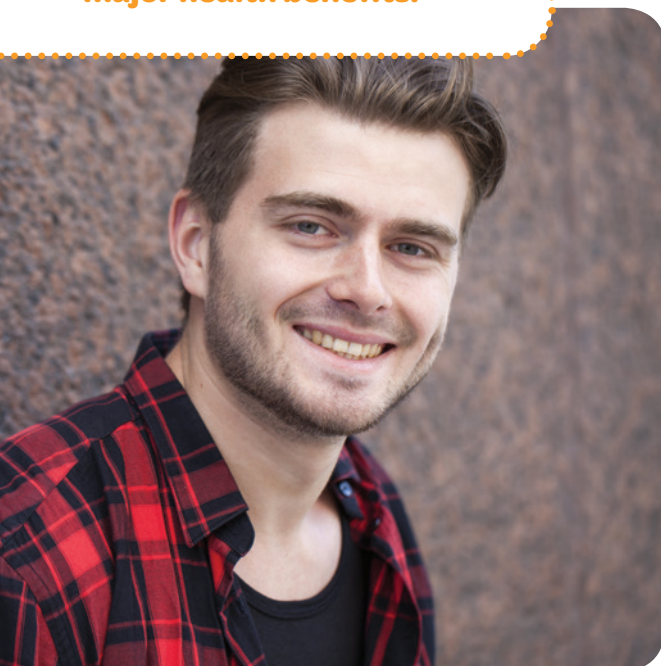
Within one year, your lungs are healthier and you are breathing easier than if you kept smoking.

After 15 years, your risk of heart attack, stroke and gum disease is close to someone who has never smoked. Over many years, your risk of PVD decreases compared to someone who still smokes.

Where possible we have used research on the recovery of people with type 1 diabetes after stopping smoking. But there are many gaps in the research so some of the typical benefits of quitting are based on studies of the general population.

Cutting down

Cutting down the number of cigarettes you smoke does not reduce the main risks from smoking. Only stopping smoking completely gives you major health benefits.



Planning to quit

The best way to stop smoking is with a combined approach.

Effective stop smoking medications to reduce cravings and manage feelings of withdrawal.

Talk to your doctor about what's best for you. Options include:

- Using a nicotine patch together with a faster-acting nicotine medication (such as the lozenge, inhalator, mouth spray or gum). Some nicotine medications are available through the Pharmaceutical Benefits Scheme (PBS). This means they are cheaper with a script from your doctor.
- Prescription-only medications varenicline (brand name Champix) or bupropion (brand name Zyban) are also available on the PBS.

PLUS

Tailored support to help you manage your triggers to smoke.

Options include:

- Quitline 13 7848
- Online QuitCoach (www.quitcoach.org.au) or phone messaging QuitTxt support (www.quit.org.au/quittxt)



Call the **Quitline 13 7848**

If you are finding stopping smoking hard, you're not alone! Talking with a Quitline counsellor can increase your chance of successfully stopping smoking.

What is Quitline?

Quitline is a friendly telephone counselling service. Quitline counsellors care and don't judge. You don't have to be ready to quit to call. Quitline counsellors work with you no matter where you're at with your smoking.

Your call is confidential. This means you don't have to give your name if you don't want to. Quitline counsellors are trained experts and understand that stopping smoking is challenging.

A Quitline counsellor will listen carefully and provide practical, tailored support.

How do I contact Quitline?

Call **13 7848** for the cost of a local call on your phone.

You can arrange for Quitline to call you for free.

Simply enter your name and phone number at **www.quit.org.au/callback**.

What happens on the phone?

A typical first call to Quitline takes around 10 to 20 minutes. It covers:

- How long you've been smoking
- Why you want to stop
- Understanding why you smoke
- Managing stress
- Advice on ways to stop smoking and how to use stop smoking medications

A Quitline counsellor will work with you to figure out how they can help you on future calls. If you would like, Quitline can call you back. Quitline can offer you up to six calls over about a month.

Aboriginal Quitline counsellors are also available.

Quitline also uses interpreter services for people from non-English speaking backgrounds. The National Relay Service for people with a hearing or speech impairment is also available.

Managing stress

Some people say that smoking calms their nerves and helps with stress. Nicotine may make you feel more relaxed, but your body is put under stress from the chemicals in tobacco smoke.

Quitting can be stressful for some people in the first month or so. This may be partly due to coping with feelings of withdrawal. Also, it takes time to settle into new routines and become more comfortable with not smoking.

Other people have a more positive experience of stopping smoking and feel more satisfied.

Quitline counsellors can help you to manage stress when you're stopping smoking. You can also visit quit.org.au for helpful tips.

Speak to your doctor if you're finding it hard to cope or if your stressful feelings don't go away.

A few months after quitting, most people tend to feel better than, or as good as, when they were smoking.

Managing your weight

Weight gain after quitting is often a concern for people with diabetes. It is not always part of stopping smoking, but it is common.

The main causes of weight gain are due to eating more food and the slowing down of your metabolism when you quit.

This means you may burn fewer kilojoules than while you were smoking. Some people experience an increase in appetite as a withdrawal symptom, but their eating patterns tend to return to normal over time.

Different people can gain different amounts of weight when stopping smoking. If you do put on weight, try not to be too hard on yourself. By stopping smoking you're doing great things for your health. For example, even if you gain weight after quitting, you will still have a lower risk of disease than if you keep smoking.



What you can do

If worrying about weight gain is stopping you from quitting, talk to your doctor or diabetes educator. They can help you make a healthy eating and exercise plan that suits you. Your doctor can also refer you to a dietitian.

Try not to think of smoking as your one treat or 'vice' or as a reward for sticking to your healthy eating plan. Smoking increases the risk of the diseases you are trying to avoid by eating well.

Tips:

Small steps are ok. Tick [✓] which points you're already doing and put a star [★] next to the ones you want to focus on next.

- Cut back on junk foods and replace with a wide variety of healthy foods from the five food groups. This includes fruits, vegetables, beans, grain and cereal foods, lean meats, chicken, fish, nuts and seeds, reduced-fat milk, cheese and yoghurt.
- Aim for at least two serves of fruit and five serves of vegetables each day. They are a good source of fibre and help prevent constipation, heart disease, stroke, some cancers, overweight and obesity.
- Think about the exercise you enjoy that you can make a part of your everyday routine. On most days, aim for at least:
 - 30 minutes of moderate activity (raises your heart rate but doesn't make you breathless) or
 - 15 minutes of vigorous activity (makes you gasp for breath). Or try whatever combination works for you.

- Stick to unsweetened drinks – water, plain milk or tea and coffee. Limit soft drinks, slushies, sports drinks, energy drinks, fruit drinks, flavoured milk and pre-made iced tea. These drinks contain more sugar than you might think. Too much sugar can lead to weight gain and can cause teeth problems.
- We shouldn't cut all fat from our diets. Choose healthy (good) fats found in oils, nuts, avocado and oily fish such as salmon and mackerel. Limit the saturated fats found in chocolate, sausages, bacon, fried foods and meat pies.
- Alcoholic drinks contain a lot of kilojoules and have no health benefits. Drinking alcohol can lead to weight gain, obesity and other health problems. It's recommended to have no more than two standard drinks per day. Aim for at least two alcohol-free days each week. If you do drink, it's important to be aware of the advice for people with diabetes.

For more information about managing type 1 diabetes, visit www.ndss.com.au/about-diabetes/resources

For advice or practical help

Quitline 13 7848

Quitline is a welcoming telephone support service that works with you to help you stop smoking. Your call is confidential. You can call Quitline for the usual cost of a call from your phone or ask us to call you at no cost (Quitline callback).

Go online: www.quit.org.au

Build your own plan with easy-to-find information suited to you. You'll find tips, distractions, a tool that adds up the money you'll save and stories from people who have stopped smoking.

QuitCoach: www.quitcoach.org.au

QuitCoach is an online program that asks you questions and then gives you ideas and suggestions that will be most useful to you.

QuitTxt: www.quit.org.au/quittxt

QuitTxt sends regular SMS messages including tips and encouragement. It helps keep you on track as you make changes. To begin, all you need to do is answer a few questions at www.quit.org.au/quittxt

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