

## **DIABETES AND SMOKING: THE RISKS!**

Having diabetes increases your risk of developing angina, heart attack, stroke, and poor circulation. Adding smoking to diabetes more than doubles your risk of illness and death from these conditions. If you are pregnant, smoking can harm your baby.

## **HOW TO STOP SMOKING**

It is important that you stop smoking because you want to. Think of good reasons to stop e.g. to improve your health, to save money or because smoking is anti-social.

- Get support from friends and family; tell everyone that you have decided to stop
- Avoid places and situations where you know you'll want a cigarette.
- Plan activities to replace smoking, like a new hobby
- Plan your meals and take time to enjoy them
- Use non-smoking areas when you eat out and travel
- Try sugar-free chewing gum if you feel the need to have something in your mouth
- If you need to do something with your hands, find something to fiddle with e.g. a pen or coin
- Drink juice and eat fruit; the extra Vitamin C helps the body to get rid of nicotine more easily
- Save your cigarette money - for an average smoker this could be **£50-£100 a month**. Six months off could pay for a holiday!

There are three stages to stopping smoking:

### **1. PREPARING TO STOP**

This can take anything from days to years. If you want to stop and you prepare well, you will succeed. Smoking is strongly linked to certain situations e.g. a break for tea or coffee, a phone call or a stressful event can all be cues to light up. The key to success is to try and break the link between these events and your smoking habit. Have a plan of action

- **Decide on a day to stop;** Will it be easier when you are busy or working or when you are relaxed at a weekend?
- **The day before** get rid of cigarettes, ashtrays and lighters
- **Plan rewards.** Plan a suitable healthy reward for the end of the first day, the first week and the first month

**Ring the Smokeline - Tel 0800 84 84 84 - Calls are Free.**

This is the Scottish National Helpline, for smokers who need advice or help to stop smoking. It is staffed by trained counsellors from 12 noon until Midnight

### **2. STOPPING**

## DARTS Tayside Diabetes Network

Patient Information Leaflets : Diabetes, and Smoking

Stopping is your first change in behaviour to NOT SMOKING. This can change in just a day.

- **Day 1:** Review your action plan. Be sensible about alcohol and other situations in which you may be tempted to smoke
- **Take one day at a time:** Each day congratulate yourself on having made it so far. Make it your goal to get through today without smoking; don't worry about tomorrow

### 3. STAYING STOPPED

- **Think positive:** Remember why you have decided to stop. Reward yourself. Be positive and don't waver.
- **Take care:** Your friends and family may forget to keep encouraging you. Don't allow yourself to be tempted and don't get into difficult situations.
- **Don't play games:** A favourite one is "One cigarette won't hurt" or "I'll just have one to prove I've kicked it". The occasional cigarette will re-awaken the craving. Recognise these games for what they are - a weakening of your resolve - and stamp on them firmly
- **Discuss with your GP** the value of using aids such as nicotine chewing gum and nicotine patches and the availability of local self-help group for support.

**Don't worry if you lapse into smoking again.**

Many smokers go through the '3 stages' several times.

Have a break, don't feel guilty and when you're ready, start again.

When you first stop smoking, you still think of yourself as a smoker, so that under stress your immediate reaction is to reach for a cigarette. In time, your mind will 'catch up' and this reaction goes. Usually it takes about 3 months to think of yourself as a non-smoker. It is rare for the craving to go on much longer than this. One day you will wake up and realise that you went the whole of the previous day without even thinking about cigarettes

**You've made it; You have become a non-smoker**

Stopping smoking could be the beginning of a new life. When you have not smoked for a few months and are feeling confident, look at other aspects of your lifestyle e.g. your weight and tackle this too.

HEBS Smoking Support Groups <http://www.hebs.scot.nhs.uk/topics/smoking/smokgroup.cfm>

### **DIABETES NURSES CONTACT NUMBERS**

(during working day hours only Mon- Fri)

<b>Ninewells Hospital Team</b>	<b>01382 632293</b>
<b>Angus Team</b>	<b>01241 430303</b>
<b>Perth Team</b>	<b>01738 473476</b>