

Why You Should Quit Smoking

You've heard that smoking is bad for you. But did you know that smoking is even more dangerous if you have diabetes? If you don't smoke...CONGRATULATIONS! If you do smoke...think about these facts:

- Smokers with diabetes are three times as likely to die of heart disease, heart attack or stroke.
- Smoking raises your blood sugar and makes it harder to control your diabetes.
- Smoking increases cholesterol and other fats in your blood.
- Smokers with diabetes are more likely to get nerve damage and kidney disease.
- Smoking damages blood vessels. The damage can worsen leg and foot ulcers.
- Smoking can cause cancer of the mouth, throat, lung and bladder.
- Smoking increases your blood pressure.
- Smoking can cause impotence.
- Smoking increases muscle and joint pain.
- Smoking during pregnancy can lead to miscarriage or stillbirth.

QUITTING SMOKING may not be easy, but it could be the best thing you can do to prevent or reduce the complications of diabetes. Because cutting down on smoking does not reduce the main risks of smoking. The only way to see improvement in your health and diabetes is to quit. Talk to your doctor about QuitWorks™, a special program run by stop smoking experts. And call 1-800-TRY-TO-STOP or visit www.trytostop.org for more information.

We can help

You're in charge of making the important decision to QUIT SMOKING. BMC HealthNet Plan provides coverage for smoking cessation and nicotine replacement products **and** support to help you quit. If you want to know more about your quit smoking benefits, please call our Member Services department at 1-888-566-0010 (MassHealth members) or 1-877-957-5300 (Commonwealth Care members).

Here are some of the benefits of quitting. After not smoking for:

- 20 minutes...Your blood pressure begins to drop and circulation increases to your hands and feet.
- 1 day...Your chance for heart attack has already gone down.
- 2 days...Your ability to smell and taste improves and walking gets easier.
- 1 year...Your risk of heart disease is cut in half.
- 5 years...Your risk of cancer of the mouth, throat and esophagus is cut in half.



BOSTON MEDICAL CENTER
HealthNet Plan
Get more.™

bmchp.org

Español al reverso