



Diabetes: Smoking and Second Hand Smoke

These **serious**, disabling **complications** can be prevented or delayed if diabetics follow proper treatment and recommended lifestyle habits, including not smoking.

There is a growing body of evidence to show that smoking is a risk factor for Type 2 diabetes.

Smoking has been identified as a possible risk factor for insulin resistance, a precursor for diabetes.

Smoking has also been shown to deteriorate glucose metabolism which may lead to the onset of type 2 diabetes.

Adults who are exposed to secondhand smoke have higher rates of obesity and Type 2 diabetes than do nonsmokers without environmental exposure to tobacco smoke.

