



I CHOOSE TO QUIT SMOKING!

- **I trust myself**
Just as with cycling or walking, trying is the best way to learn how to do it. The important thing is to get started. Each step towards change will help me take the next step.
- **I ask for help**

What are the benefits?

In addition to a better sugar balance...

- satisfaction and self-confidence
- enhanced sense of taste and smell
- healthier looking skin, shiny hair
- improved breathing and a fitter body
- more restorative sleep
- money savings

... and the list goes on!

Which refund?

Your health insurance contributes to the consultation costs with a recognised tobacco specialist. The terms and conditions of the refund vary depending on the region where you live.

GOOD TO KNOW...

Consultations with a dietitian are also partially covered. If you sign up for a physical or sporting activity, some insurance companies will cover a part of the cost as well as contributing to medication that will help you quit smoking.

HELPFUL RESOURCES!

- **I get in touch with my doctor**
It is someone I trust who knows me well.
- **I call the free Tabacstop helpline : 0800 111 00**
A specialist will answer my questions and will provide me with support if it is something I want.
- **I check out the following website: www.aideauxfumeurs.be**
I will find advice, resources and tools to help me manage my addiction.
- **I find a tobacco specialist on this website: www.tabacologies.be**

Are you a healthcare professional?

Go to: www.fares.be

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COMMISSION COMMUNAUTAIRE COMMUNE



SMOKING INCREASES **BLOOD SUGAR** LEVELS!

Did you know?

LINKS BETWEEN SMOKING AND DIABETES

FARES | Fonds des affections respiratoires asbl
Rue Haute, entrée 290 - 807A | 1000 Bruxelles

WHAT IS... DIABETES?

Diabetes is a disease that occurs when the pancreas stops producing enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that allows our body cells to use blood sugar as a source of energy.

Diabetes is:

Type 1 or "insulin-dependent" when the pancreas is not able to produce insulin.

Type 2 or "non-insulin-dependent" when the body is no longer able to effectively use the insulin it produces.

« If I am a non-diabetic person »

Mainly due to a decrease in insulin sensitivity, **smoking or living in a smoke-filled environment** increases the risk of developing:

- **prediabetes** (increase of blood sugar without reaching the "real" diabetes threshold)
- **type 2 diabetes** (risk increase of about 40%)

This can involve an increase in abdominal mass and a decrease in good cholesterol, which is unhealthy.

« If I am a diabetic person »

Smoking or living in a smoke-filled environment worsens my diabetes. Smoking leads to:

- an **unbalanced level of blood sugar**. The more I smoke, the higher the risk.
- cardiovascular **complications** (heart attack, stroke), and other complications related to the eyes, kidneys, feet, arteries,...

« If I stop smoking »

- I help **regulate my blood sugar level**
- I can **breathe better and I improve my heart functions**
- I **improve my blood pressure**

FAVOUR A SMOKE-FREE ENVIRONMENT!

Choosing not to smoke indoors allows to breathe a better quality air.



REDUCE YOUR TOBACCO CONSUMPTION AND STOP SMOKING!

Taking action on tobacco consumption is an important step to start a change process towards a better quality of life. Quitting smoking is strongly advised.

If I am a smoker, my doctor or a certified tobacco specialist can help me and make a difference, whether I am **diabetic or not**. If I am a diabetic person and wish to stop smoking, I ask to be closely supervised by a doctor. Quitting smoking alters the way the body functions (nicotine cravings, stress, etc.) which may require some adjustments to how diabetes is treated.

ADOPT HEALTHY BEHAVIOURS!

This advice will help you, among other things, to prevent or delay the risk of becoming diabetic or to help you live better with diabetes.

MAKE TIME FOR YOURSELF

This will allow you to take care of yourself and make changes.



EAT HEALTHY

Favouring a balanced and varied diet provides your body with all the elements it needs.



MOVE MORE

Being active improves breathing, reduces the risk of weight gain and reduces blood sugar level.



DRINK WATER

Drinking sugar-free fluids is essential for the body's proper functioning. It limits cravings and helps to stay healthy and in shape.

Tobacco specialists are recognised health professionals who assist smokers. They assess the level of addiction and create a program with the smoker that increases his chances of success.