

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

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Smoking and Diabetes (and how to stop)

Patient information leaflet

For Parents & Carers of a child with Diabetes

Safe & compassionate care,

every time

Everyone knows smoking is bad for your health.
But it's even more important not to smoke if you have diabetes.

That's because smoking can cause many of the same problems as long term diabetes. So if you smoke AND have diabetes, it's a huge problem.

Did you know that smoking;

- Increases the chance of you developing **diabetes complications**. This especially applies to getting arterial disease (causing heart attacks, strokes and poor circulation in the legs) and also to the risk of neuropathy (nerve damage), retinopathy (damage to the retina and back of the eyes) and kidney damage.
- Significantly increases the risk of you having an amputation.
- If you develop the diabetic complication of excessive protein in the urine, you are **twice as likely to progress to kidney failure** if you smoke. Diabetic kidney failure is the commonest reason for needing a kidney transplant in the developed world.

Remember, **not** smoking is one of the most positive things you can do to reduce your risk of long term diabetes complications.

Hopefully you will never start smoking or you will be able to give up quite easily. However, if you're finding it difficult, **don't give up trying to give up.**

Each cigarette you don't smoke will help your health AND save you money.

Resources

<http://www.diabetes.co.uk/diabetes-and-smoking.html>
www.diabetes.org.uk

If you've tried to stop before but it's just too hard, professional help is available.

Every GP surgery has a Smoking Cessation Adviser (usually a Practice Nurse). You could make an appointment to see her (or him). If you are addicted to cigarettes, you can be prescribed nicotine replacement treatment (NRT) to help you overcome the cravings. This is in the form of patches, gum, inhalators, lozenges or a nasal spray. Treatment is usually continued for 8 – 12 weeks. You can also buy NRT over the counter if you are over 18 but it saves money to get it on prescription.

Check out the NHS stop smoking website onCheck out the NHS stop smoking website www.nhs.uk/better-health/quit-smoking/ The site helps you work out how much you are spending on cigarettes and gives advice about how to give up. **There is also a free telephone helpline:** 0800 022 4 332. Lines are open 7 Days a week, 7am to 11pm.

Did you know that smoking;

- Changes your **cholesterol** balance so you are more likely to clog up your arteries with fat. Smoking increases your LDL (low density “bad”) cholesterol and lowers your HDL (high density “good”) cholesterol.
- Increases your **blood pressure**, which also increases your risk of developing diabetes complications.
- Raises **blood glucose levels** by increasing insulin resistance and making control more difficult.
- Damages the skin. In general, smokers have **10 times as many wrinkles** as non-smokers.
- Is very expensive. If you smoke only 10 cigarettes per day and buy cheaper brands, you will spend **at least £1500 per year** on cigarettes. Think what else you could spend that money on!

Ideally it is best never to start smoking in the first place. But, if you're already smoking, what can you do?

Help with stopping smoking (quitting)

If you want to give up, try setting a date to quit. This will take some will power, so it's a good idea to get the support of your friends and family. Maybe they can give up smoking too?

- The first critical step is to make the decision to quit.
- It may help to set a firm, short-term quit date.
- In the meantime, get as much information as you can from your doctor or pharmacist about options to help you quit, including medications that can increase your chances of success.
- Similar to the day-to-day process of managing your diabetes through diet, exercise and regular blood glucose testing, managing to quit smoking is something that is best approached by incorporating it into your daily routine.
- Lifestyle changes: Smoking often is associated with strong cues, so as you move toward a quit date, get a sense of where and when you smoke, and identify some strategies to bypass or overcome those situations.

- Enlist your family and friends in the effort. Make sure they understand how important it is for you to quit smoking and how hard it may be, and ask for their support.
- For some people, joining a support group along with others who are also trying to quit is helpful. Your doctor may have some information on groups in your community.
- In the meantime, obtain information from your doctor or pharmacist about options to help you stop smoking, including medications that can increase your chances of success.