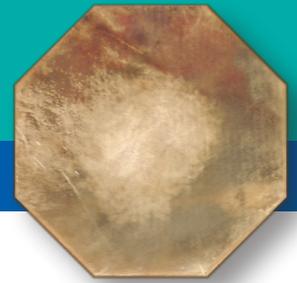




LIVING A BALANCED LIFE WITH DIABETES:

Help for Tobacco and Alcohol Users

National Diabetes Education Program



Diabetes is very common among American Indians and Alaska Natives. Yet, for most people, diabetes is only one of their concerns. At times, there may be many things in life that are stressful and hard to manage.

People react to stress in different ways. Some people turn to food as a way to deal with their feelings; others may turn to alcohol or commercial tobacco.

For someone who has diabetes, drinking and using commercial tobacco can be especially harmful. In people with diabetes, alcohol abuse can increase the risk for high blood pressure, heart disease, eye problems, and nerve damage. Tobacco use by people with diabetes can cause blindness, mouth problems, kidney and heart disease, as well as foot infections.

The Good News

It's never too late to quit! If you stop drinking or using tobacco this may:

- Improve your health and energy
- Help you feel and look better
- Improve your sense of taste and smell
- Help you save money

PREPARE TO QUIT: SET A QUIT DATE. GET SUPPORT. STAY FOCUSED.

PREPARE TO QUIT

Quitting can be hard sometimes. So, it's important that you prepare for your success by:

- Setting a quit date.
- Choosing a date and telling your family and friends.

Before the quit date approaches, prepare yourself by:

- Removing alcoholic beverages and/or cigarettes from your home.
- Asking a friend who also uses tobacco or who drinks alcohol to consider quitting with you.
- Not letting people smoke, chew tobacco, or drink alcohol in your home.

GETTING SUPPORT

You can get help to quit using tobacco or to stop drinking alcohol.

- Ask your health care team about resources in your area.
- Join a support group.
- Ask family and friends to support your plan.
- To get help quitting tobacco use, call **1-800-QUIT-NOW (784-8669)**. They will help you set up a quit plan.

STAYING FOCUSED

Do things that can keep your mind off drinking or using tobacco. Try:

- Developing interests in activities where smoking or drinking are not allowed (such as, going to the movies, bowling, reading a book at the library).
- Avoiding people, places, or events that may make you want to smoke or drink.
- Planning what you will do when you feel an urge to drink or use tobacco.

IF YOU “SLIP” UP AND USE TOBACCO OR DRINK, DON’T GIVE UP OR FEEL BAD ABOUT YOURSELF. QUITTING IS HARD! TRY AGAIN SOON. YOU CAN SET ANOTHER QUIT DATE AND GET BACK ON TRACK.

LEARN MORE ABOUT HOW TO STOP DRINKING:

How to Help Yourself, Your Family Member, or Friend Be an Alcohol-Free Mother-To-Be: Tips for Native Women

www.fasdcenter.samhsa.gov/documents/NI_Tips_for_Native_Women.pdf

Al-Anon
1-888-425-2666

Alcoholism: Do You Have a Drinking Problem?
www.mayoclinic.com/health/alcohol-use/MH00123

**National Institutes of Health
National Institute of Alcohol Abuse and Alcoholism**
www.niaaa.nih.gov/Publications/PamphletsBrochuresPosters/English/Pages/default.aspx

Rethinking Drinking: Alcohol and Your Health
<http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/OrderPage.htm>

Substance Abuse Treatment Facility Locator
www.findtreatment.samhsa.gov

LEARN MORE ABOUT HOW TO QUIT USING TOBACCO:

**Keep it Sacred
National Native Commercial Tobacco Abuse Prevention Network**
www.keepitsacred.org/network/

**Help for Smokers and Other Tobacco Use
Agency for Healthcare Research and Quality**
www.ahrq.gov/consumer/tobacco/helpsmokers.htm

Quit Smoking Today!
www.smokefree.gov



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