

# BE SMOKE-FREE

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It's a well known fact that people who have diabetes and smoke have higher blood sugar levels, making it more challenging to control their condition. It also puts them at a higher risk of developing the following complications.

- Decreased blood flow to legs & feet
- Numbness or tingling of hands and feet
- Damaged blood vessels and nerves
- Poor vision
- Poor diet control in both men and women who have diabetes can lead to unstable blood sugar levels and, hence, contribute to sexual dysfunction, sexual impotence and infertility.

## IT'S THE NICOTINE

Studies have shown that it's likely to be the nicotine in cigarettes that wreaks havoc on blood sugar levels. When nicotine is added to human blood samples, it can raise levels of haemoglobin A1c (HbA1c) by as much as 34%. Haemoglobin A1c — which is a combination of haemoglobin (which carries oxygen) and glucose — is a standard indicator of blood sugar content in the body.

## HOW TO QUIT SMOKING

- Keep cigarettes and lighters out of reach and out of sight.
- Drink lots and lots of fluids. Water, decaffeinated teas, fruit juices, and certain decaffeinated soft drinks are good choices. Avoid coffee, soft drinks containing caffeine, and alcohol, as they can increase the urge to smoke.
- Continue SMBG (Self-monitoring of blood glucose).
- Keep a distance from smokers (do not be a passive smoker).
- Tell everyone that you are trying to quit smoking and rope family, friends and colleagues in to keep you from backsliding by asking those who smoke not to do so around you.
- Eat healthily (consume more fibre and have a balanced diet).
- Exercise regularly to keep a healthy BMI (e.g. jogging, brisk walking, cycling, swimming).
- Try the Health Promotion Board's I Quit programmes or refer to a smoking cessation clinic which offers counselling & medication to help you quit.
- Keep to your doctor's appointment and maintain visits regularly. Follow the instructions & remember to take any medication as prescribed.



## HELPLINES TO QUIT

### Let's Quit: The 28-Day Countdown

The 28-Day Countdown is based on findings that smokers who stay smoke-free for 28 days are five times more likely to succeed for good. To sign up for the countdown, smokers can register online at [www.hpb.gov.sg/iquit28](http://www.hpb.gov.sg/iquit28), or at partnering pharmacies or I Quit roadshows.

### QuitLine

The QuitLine is a helpline for smokers and people who are interested to find out more about how to stop smoking, with trained staff to provide customised professional advice and tips. For more information on methods to quit smoking, please call the QuitLine at 1800 438 2000 (toll-free).

### QuitLine SMS

Talking may be uncomfortable to some; thus, the SMS platform is available for smokers and non-smokers to send questions or doubts about smoking-related issues. Text questions or doubts to +65 9463 3771 or +65 9138 0081.

### I Quit Club

I Quit Club is a Facebook community created to gather all ex-smokers who have successfully quit smoking or have taken the pledge to quit smoking. For more information, please visit [iquitclub.sg](http://iquitclub.sg).

### I Quit Mobile Application

The application helps individuals to determine their smoker profile type to provide the most effective method to quit smoking, and offers tips and strategies to cope with the withdrawal symptoms from quitting smoking. Currently available for free downloading on iTunes and Google Play.

Source: Health Promotion Board Singapore