

Sources of help

- Local 'Stop Smoking Service' Healthy Lifestyles –Telford & Wrekin Tel: 01952 382582
- Help 2 Quit Shropshire Tel: **01743 453537**

Please contact the Paediatric Diabetes Team if you have any queries on the numbers below.

Contact details for more information

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**, text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the paediatric registrar for diabetes advice.

References:

<https://www.nhs.uk/smokefree/why-quit/smoking-health-problems>

Author: Shropshire Paediatric Diabetes team

Review date: Sept 2023

Next Review: Sept 2026

Managing Type 1 Diabetes

Smoking



Active smoking

Tobacco smoke contains more than 7000 chemicals, more than 70 of which are known carcinogens. Smoking will kill half of all long term users. Smoking is known to increase your risk of:

- Heart Attack
- Stroke
- Stomach cancer
- Ulcers
- Fatal lung diseases e.g. pneumonia and lung cancer
- Male impotence, damaged sperm
- Cervical cancer, miscarriage

Passive smoking

Passive smoking is breathing in the second-hand smoke exhaled by other people and the smoke in the air from a lit cigarette. Passive smoking is not just unpleasant but it can damage your health too. Passive smoking is especially harmful for children as they have less well developed airways, lungs and immune systems.

Diabetes and smoking

People with diabetes have an increased risk of developing:

- Cardiovascular disease
- Kidney disease
- Nerve damage
- Eye disease

The risk of developing these complications if you have diabetes and smoke, is approximately 14 times higher than the risk of either smoking or diabetes alone.

Evidence also shows that progression of a complication such as kidney disease can be quicker if you are a smoker.

Why should I stop smoking?

- Within 24 hours of your last cigarette the carbon monoxide levels in your blood drops to the same as that of a non-smoker.
- You'll be healthier and less out of breath as smoking decreases your lung capacity.
- You'll save yourself a lot of money.
- You'll look better. Chemicals in cigarettes restrict blood flow to your skin. Smokers have more wrinkled and saggy faces by the time they are in their mid-20's.
- Quitting helps save the planet. Deforestation because of tobacco production accounts for nearly 5% of overall deforestation in the developing world.
- Someone who starts smoking at 15 is 3 times more likely to die from cancer than someone who starts in their mid-20's.
- Most people prefer to kiss non-smokers.
- Smoking can harm your fertility and, if you're female, increases your chances of complication during pregnancy and labour.

What help can I get to stop smoking?

- Studies show you are 4 times more likely to quit with help. Local Stop Smoking Services are developed and delivered by professionals, providing expert advice, support and encouragement. This can be one to one or as a group. They can recommend products to help you quit.
- A craving can last 5 minutes. Before you give up, make a list of 5 minute strategies. Or call the NHS smokefree helpline on 0800 022 4332.
- Look at the NHS Smokefree website www.nhs.uk/better-health/quit-smoking/
- Make non-smoking friends.
- Keep your hands busy, e.g. hold a drink in the hand that normally holds a cigarette.
- Make a list of reasons to quit.

NB The Diabetes Team do not recommend Vaping as an alternative to smoking,