



Smoking and diabetes: not a good combination

Smoking can make heart conditions worse by:

- Increasing cholesterol levels and the levels of some other fats in the blood, raising the risk of a heart attack
- Damaging and constricting blood vessels, which can make foot ulcers worse and lead to blood vessel disease and leg and foot infections
- Increasing the risks of nerve damage and kidney disease
- Increasing blood pressure
- Raising the blood sugar level, making it harder to control diabetes

If you smoke and want help, the Blues' Quit the Nic smoking cessation program is available and free to all members. Call **800-811-1764**.

Brought to you by Healthy Blue Living. Healthy Blue Living members who have questions about their health, specific conditions or other health concerns, can call BlueHealthConnection® at 800-637-2972.