

# InFlight

## Wellness Weekly



### Tobacco Free Living



#### DIABETES AWARENESS

## Smoking and Diabetes: The Connection Between Two U.S. Epidemics

The increase in diabetes in the U.S. to epidemic levels has gained a lot of attention in recent years. Over 29 million Americans have the disease and many more (1 in 3 adults) are at risk of developing it in the next five years (known as pre-diabetes).

People with diabetes have bodies that can't make or use insulin—a hormone that turns glucose (sugar) from the food you eat into energy. Over time, high blood sugar levels can damage organs such as your kidney, heart, blood vessels and eyes. This damage can cause these organs to malfunction or fail—one reason why diabetes is one of the top 10 causes of death in the country.

Smoking increases the risk of developing diabetes because it can change how your body processes and regulates sugar. Smoking can also make it harder to control your blood sugar levels if you have diabetes. If you smoke, you have a 30 to 40 percent higher chance of developing diabetes than someone who has never smoked.

For those that already have diabetes, smoking increases your risk of organ damage, as well as your chances of having a heart attack or stroke.

- Smoking can double your risk of developing kidney damage compared to nonsmokers.
- Smoking increases the risk of diabetic eye disease (called diabetic retinopathy). Smoking reduces blood circulation. When this happens to the retina, light sensing cells in the eye are damaged, causing blindness.
- Both diabetes and smoking increase your chances of developing pancreatic cancer, which is fatal in 95 percent of cases. If you have diabetes and you smoke, your risk of pancreatic cancer is even higher than if you only smoked or were a nonsmoking diabetic.
- Diabetes and cigarette smoking are major risk factors for heart attack and stroke. If you're diabetic and you smoke, your chances of having a heart attack or stroke are higher than if you were just a smoker, or a nonsmoking diabetic.

For more information on smoking and diabetes, and to make a quit plan, visit [BecomeAnEX.org](http://BecomeAnEX.org). On the site, you can connect with others in the EX Community who have quit smoking while managing their diabetes.

Smoking and diabetes: The connection between 2 U.S. epidemics. Retrieved from <https://truthinitiative.org/research-resources/harmful-effects-tobacco/smoking-and-diabetes-connection-between-2-us-epidemics>



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See calendar on other side to see what is going on this week



Thursday  
November 21st

The Great American Smokeout® is an annual event sponsored by the American Cancer Society encouraging and supporting smokers to quit smoking on the day of the event or, better yet, quit smoking entirely. By quitting, even for one day, smokers will be taking an important step toward a healthier life and reducing their cancer risk.

More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.

Quitting smoking improves health immediately and over the long term - at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

There are those who quit abruptly and completely and those who cut back gradually. Some people need substitutions and distractions to suppress cravings and others need special medicines. No matter which approach you choose, the Great American Smokeout is the perfect occasion to make the first step.

Great American Smokeout. Retrieved from <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

## A Personal Message From Your Health Promotion Team



Dear Health Promotion Team,

The Great American Smokeout® is on Thursday, 21 November 2019. Are there any other quit tobacco events coming up?

Sincerely,  
Just Curious



Dear Just Curious,

You can also join the 2019 Tobacco Free Days Facebook Event.

Beginning on November 4, 2019, we will be partnering with the Centers for Disease Control and Prevention for the 2019 Tobacco Free Days Facebook event. This year's event will run for 2 weeks, and will offer active military service members, retirees, veterans, and their loved ones free resources and tools to help them quit tobacco. Participants will receive information and tips to help them through their quit journey, including planning and preparing to quit, setting a quit date, learning how to deal with triggers and cravings, and much more. Check out the event at: [facebook.com/cdctobaccofree/](https://www.facebook.com/cdctobaccofree/)

In addition, stop by Joint Base Andrews health promotion's tobacco free living awareness table on Thursday 21 Nov 0900-1300, in recognition of the Great American Smoke-out. Participants will receive information and tips to help them through their quit journey, information on vaping and e-cigarettes use, health promotion swag, and more at Malcolm Grow Medical Clinic & Surgery Center, 1st floor atrium.

Sincerely,  
Health Promotion Team

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/> or [https://www.facebook.com/Joint-Base-Andrews\\_Health-Promotion\\_120094328077726](https://www.facebook.com/Joint-Base-Andrews_Health-Promotion_120094328077726)



HERE'S WHAT'S GOING ON WHERE YOU LIVE AND WORK



<https://www.resilience.af.mil/>

Your Local Health Promotion Office



Contact: Sylvia Goff, Health Promotion Coordinator

Phone: 240-612-1745

Email: [sylvia.a.goff.civ@mail.mil](mailto:sylvia.a.goff.civ@mail.mil)

Monday	Tuesday	Wednesday	Thursday	Friday
	Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Rd., Joint Base Andrews MD			
<p><b>Building Healthy Lifestyles</b></p> <p>Mondays at 1500 Register at: 240-857-7186</p>	<p><b>Building Healthy Lifestyles</b></p> <p>Tuesdays at 1000 Register at: 240-857-7186</p>	<p>Save the Date!!! 4 Dec @1430 Base Theater <b>Herschel Walker</b> - Anti-Stigma Campaign &amp; Mental Health Awareness</p>	 <p>HP Awareness Table MGMC&amp;SC Atrium 0900-1300</p>	<p><b>Looking to Improve Your Health?</b></p> <p>Consider attending classes offered by our Clinical Health Psychology Team. Call 240-857-7186 to sign up</p>
<p><b>Comprehensive Fitness Incentive Program (C-FIP)</b> 12 wk prgm - Mon/Wed/Fri 0700-0800, Tactical Fitness Ctr, Register at: <a href="https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip">https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip</a></p>				