

# ALCOHOL AND DIABETES

- Too much alcohol can have a negative impact on your health.
- Alcohol can lead to problems with addiction, and is associated with an increase in injuries and death.

## ➤ Drinking too much alcohol is drinking:



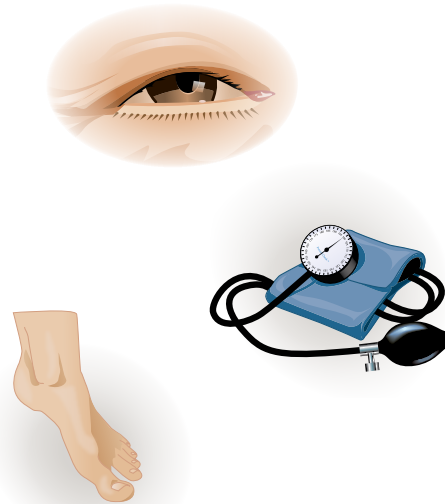
more than two or three drinks a day



**WOMEN:** drinking more than **10** drinks a week



**MEN:** drinking more than **15** drinks a week



- If you have diabetes and are drinking too much it can be difficult to take care of yourself. You might not eat the right foods or take your medication properly.

## ➤ Drinking too much can also lead to:

- Poor control of your diabetes
- Weight gain
- High blood pressure
- Heart disease
- Damage to your eyes and feet
- Impaired judgment

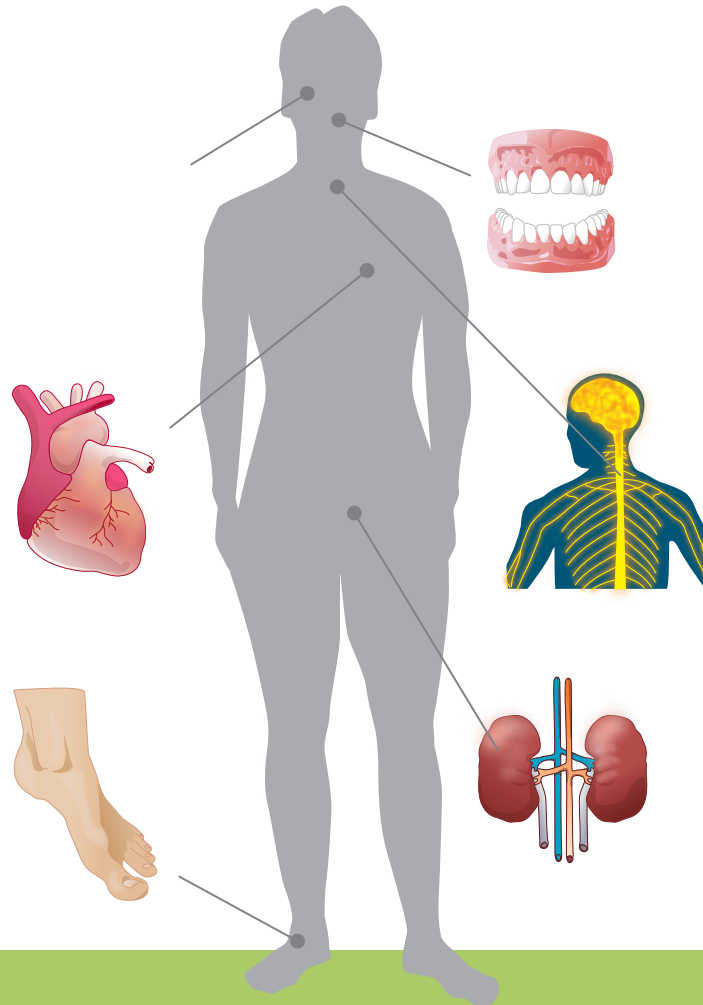
- If you think that drinking is a problem for you, talk to your health care provider.



# SMOKING AND DIABETES

- Smoking causes many health problems.
- Smoking when you have diabetes can be even more serious and can lead to:

- High blood pressure
- Increased risk of miscarriage or stillbirth
- Heart attack and stroke
- Damaged eyesight
- Kidney disease
- Nerve damage, numbness and pain
- Amputations
- Difficulty getting and keeping an erection
- Gum disease and loss of teeth
- More colds and chest infections



- Your health will start to improve right after you quit.
- If you want to stop smoking and would like help, talk to your health care provider or call the Nunavut QuitLine: 1-866-368-7848. It is available 24 hours a day, every day.
- Remember never quit quitting! Every quit attempt makes you healthier and increases your chance of staying quit.

