

A close-up photograph of a hand holding a glass of beer with a thick head of foam. To the left, another hand is raised in a 'stop' gesture, palm facing forward. The background is dark and out of focus, suggesting a bar or social setting.

BE HEALTHY

Avoid Smoking & Drinking

Smoking increases insulin resistance, risk of diabetes and its complications

Managing common withdrawal symptoms

- **Feeling irritable**

(Your brain is adjusting to a nicotine-free life)

- Do light exercises (e.g., brisk walking) to release endorphins to lift your mood
- Engage in relaxing hobbies

- **Having headaches**

(Your brain is most likely adapting to the increased level of oxygen)

- Get enough sleep
- Read or watch TV with adequate lighting

- **Coughing**

(Your lungs are starting to function properly again and are working to clear tar, dead cells and extra mucus accumulated from smoking)

- Sip warm water

- **Feeling tired**

(Nicotine is a stimulant that forces your body to feel awake; as your blood circulation improves, you will feel alert without the need to smoke)

- Take small, regular meals to regulate your blood sugar level and boost your energy

- **Tingling hands and feet**

(Your blood circulation is slowly improving; as more oxygen gets to your fingers and toes, the tingling will stop)

- Do stretching exercises

- **Constant cravings**

- Distract yourself by doing something else

Smoking increases insulin resistance, risk of diabetes and its complications



Quit smoking!

Managing common withdrawal symptoms



Warn family and friends of potential irritability



Distract yourself by doing something else



Do light exercises like brisk walking to lift your mood



Take small, regular meals



Do **stretching exercises**



Join the **I Quit 28-Day Countdown**

Avoid drinking alcohol



- Drinking excessive alcohol can cause hypoglycaemia (low blood sugar) due to increased insulin secretion, especially if consumed on an empty stomach or if you are taking certain diabetes medications.
- Alcohol has been linked to increased insulin resistance, and can interfere with meals plans and glucose control, especially if you are taking insulin or medication for diabetes.
- The amount of sugar content varies depending on the type of alcohol. Commercial alcoholic drinks may also be mixed with soda or fruit juices that are high in sugar content.
- Alcoholic drinks such as beer contain high amounts of calories, which can lead to weight gain.

What to do if drinking is unavoidable?



- Avoid drinking regularly
- Do not drink on an empty stomach
- Limit your alcohol intake per day to:
 - ↳ 1 standard drink for women
 - ↳ 2 standard drinks for men
- Choose light beer or wine spritzer, dilute mixers with water
- Avoid craft beer and sweet wine
- Sip your drinks slowly
- Drink plain water for hydration

What is 1 standard drink?



330 ml beer



100 ml wine



60 ml sweet wine
or fortified wine



30 ml spirit or liqueur
(e.g., brandy,
vodka, whisky)

1 standard drink contains 10g of alcohol