

# 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



**Take small,** regular meals



**Distract yourself** by doing something else



Do stretching exercises



**Do light exercises** like brisk walking to lift your mood



Join the I Quit 28-Day Countdown

### **Avoid drinking alcohol**



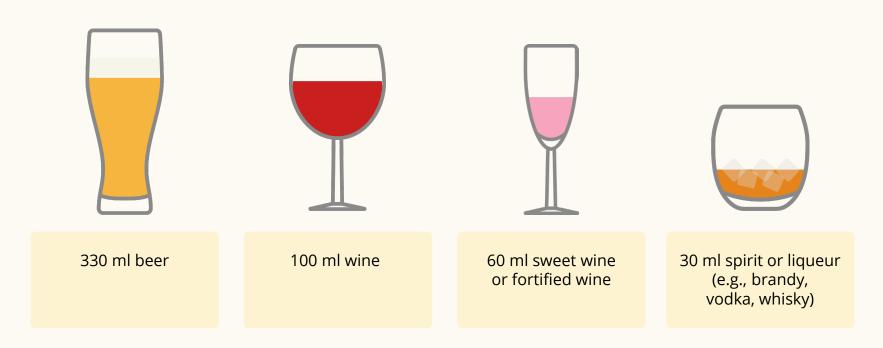
- Drinking excessive alcohol can cause hypoglycaemia (low blood sugar) due to increased insulin secretion, especially if consumed on an empty stomach or if you are taking certain diabetes medications.
- Alcohol has been linked to increased insulin resistance, and can interfere with meals plans and glucose 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?



1 standard drink contains 10g of alcohol