

Diabetes and Smoking

PIVOT

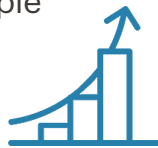
Two Health Crises Collide

Type 2 diabetes and smoking are two giant American health crises, affecting millions of Americans. Together, the health risks of these conditions are multiplied. For someone with T2D who uses tobacco, reducing or quitting is one of the most urgent and effective things they can do to manage their condition.



In the U.S. approx **30 million Americans are living with Type 2 diabetes**. 88 million American adults have prediabetes.

Research has shown that people who smoke **20 cigarettes per day** have a **61% higher risk** of developing T2D.

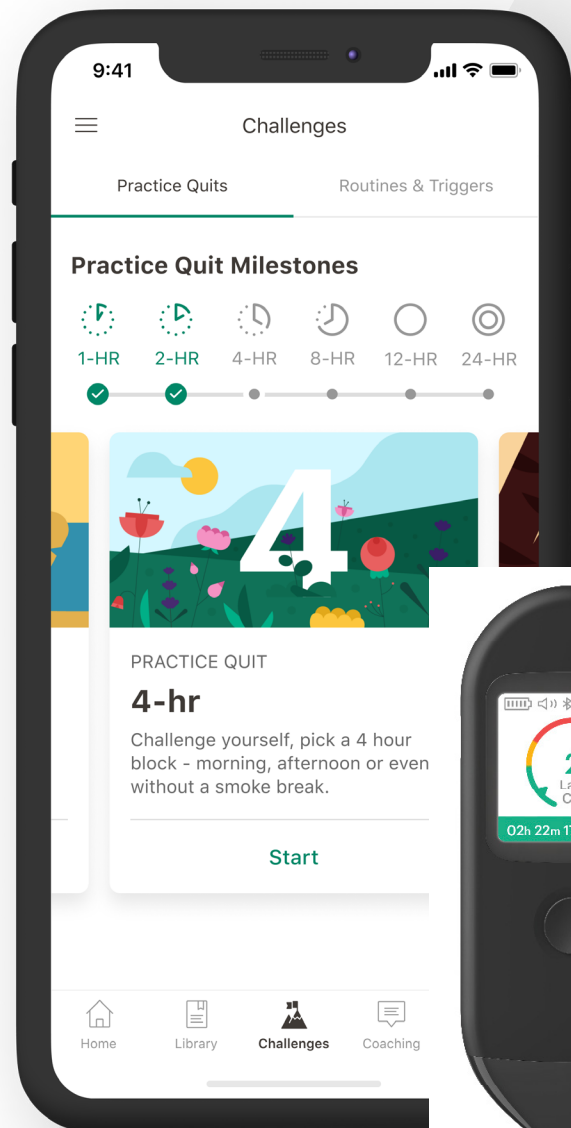


People who smoke are a **30%-40% increased risk of developing diabetes** compared to non-smokers.

Quitting smoking can improve diabetes control.

Studies have shown that only **eight weeks** after quitting smoking, insulin starts to become more effective at lowering blood sugar.

For the more than 88 million Americans with prediabetes **quitting smoking can decrease** the chance of prediabetes progressing to T2D.



Is tobacco cessation the missing link in your diabetes management strategy?

To learn more about Pivot Tobacco Cessation Visit pivot.co or Call Us at **650.249.3959**