

The Impact of Smoking on Diabetes Control

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ABSTRACT: Smoking is a widespread and preventable risk factor for numerous chronic diseases, including diabetes mellitus. This review article aims to explore supporting patients to quit smoking, emphasizing the importance of smoking cessation interventions as an integral part of diabetes care..

well-established risk factor for the development of type 2 diabetes and exacerbates the complications associated with both type 1 and type 2 diabetes. In this comprehensive review, we aim to shed light on the intricate relationship between smoking and diabetes control and its implications for patients and healthcare providers.

INTRODUCTION:

We do know that smoking increases the chance of developing cancer and diseases of the heart, lungs, and other organ. Compared to non-smokers, cigarette smokers have a 30%–40% increased risk of type 2 diabetes. This indicates that the risk of type 2 diabetes (T2D) increases as you smoke more cigarettes. That studies show that the active chemical in cigarettes, nicotine, can increase blood sugar leads to that diabetes mellitus

Smokers are more prone to experience difficulties in insulin dosing and managing diabetes. If not managed properly, it can cause health issues like heart disease, blindness, kidney failure, and damage to the nerves and blood vessels in the feet and legs. Smokers may also experience immune system problems. Diabetes makes people more prone to infections, which can quickly develop into dangerous conditions. Additionally, circulatory problems might result from smoking and diabetes.

Diabetes mellitus is a chronic metabolic disorder characterized by hyperglycemia resulting from insufficient insulin production or impaired insulin action. Smoking, on the other hand, is a

The link between smoking and diabetes

Research has shown a strong association between smoking and the development of type 2

diabetes. Smokers are at a significantly higher risk of developing type 2 diabetes than non-smokers. The exact mechanisms underlying this link are complex and multifactorial. Smoking is known to cause insulin resistance, a condition where cells do not respond properly to insulin, leading to elevated blood sugar levels. Moreover, smoking is associated with weight gain and obesity, which are risk factors for type 2 diabetes

Insulin is a hormone that helps your body to utilise the sugar in your blood to glucose. The harmful compounds in cigarettes can damage cells in the body and also interfere with their normal function. This can cause inflammation throughout the body, which may decrease the effectiveness of insulin.