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In each issue of **Diabetes Resources** we have provided specific information about management for diabetes, including important tests and resources to help reduce complications associated with the disease. Information is included about the ABCs of diabetes: **A1C testing 2-4 times per year, Blood pressure screening at every visit, and annual Cholesterol testing. Additional clinical information is also provided. A dilated eye exam, sensory foot exam and screening for kidney disease are each recommended annually. Attention to these risk factors reduces the chance for cardiac, renal, eye and vascular disease secondary to diabetes.**

In support of the **New Mexico Adult Diabetes Practice Guideline 2010**, please see the reverse side of **Diabetes Resources** for recommendations for care including resources and tools that can help in your efforts to provide education and support among your patients with diabetes.

Check [www.nmtod.org](http://www.nmtod.org) for organizations that have graciously provided funding for **Diabetes Resources**.

New Mexico Health Care Takes On Diabetes, a New Mexico non-profit corporation, is a broad coalition of New Mexico's diabetes care professionals, New Mexico Health Plans, the New Mexico Department of Health, and the New Mexico Medical Review Association, with technical and administrative support from the American Diabetes Association.

# Diabetes Resources

## Practical Information for New Mexico Health Care Professionals



A quarterly publication for clinicians caring for people with diabetes - Vol. 13 No. 20, 2010

## Diabetes and Smoking Risks/Smoking Cessation

The evidence is compelling that the combination of smoking and diabetes markedly increases the risk for micro- and macrovascular disease and premature mortality. Emerging evidence suggests a relationship of smoking to future diabetes risk, and that smoking during pregnancy may lead to fetal beta cell damage with the consequent risk for obesity and diabetes. It is essential that clinicians recognize smoking as a serious risk related to diabetes. Fortunately, there are evidence-based smoking cessation methods that clinicians can use successfully with their patients.

### The Issues:

- ❖ Smoking remains the most important modifiable risk factor for cardiovascular disease, cancer, and premature death and disability.
- ❖ Evidence is clear that this risk is much more severe in patients with diabetes.
- ❖ New evidence shows that nicotine damages beta cells of the pancreas and contributes to development of metabolic syndrome and diabetes.
- ❖ Evidence suggests that maternal smoking leads to fetal beta cell damage and future diabetes risk.
- ❖ The majority of smokers want and have tried to quit.
- ❖ A large proportion of pregnant women quit successfully in the prenatal period.
- ❖ There are proven effective interventions for quitting tobacco, including advice, counseling and pharmacotherapy. Cessation should be viewed as a long-term process involving nicotine dependence, withdrawal, and relapse. A combination of counseling and pharmacotherapy is more effective than either strategy alone.
- ❖ Proactive cessation counseling for patients is available through New Mexico telephone quitlines.
- ❖ Professionals have access to a resource of information from the New Mexico Clinical Prevention Initiative (see Resources section that follows).

### Key Recommendations:

- ❖ All clinicians – especially those who manage patients at risk for or already living with diabetes – should recognize the importance of intervening against smoking.
- ❖ Clinicians should repeatedly ask or develop office systems for asking about the smoking status of every youth or adult in their practices. This is particularly important for patients managed for metabolic syndrome, diabetes, and pregnancy.
- ❖ Clinicians should take every possible opportunity to advise smoking patients to quit using messages that are brief, clear, informative and personalized.
- ❖ Clinician efforts will be enhanced by gaining familiarity with brief counseling techniques, “over the counter” and prescription pharmacotherapy, and individual and group cessation resources in their communities.
- ❖ Clinicians should become familiar with and regularly refer patients to the universal New Mexico quitline access telephone number, 1-800-QUIT-NOW.
- ❖ Clinicians should continue to actively support patients after initiating a quit attempt, whether successful or unsuccessful.

- 1 American Diabetes Association. Smoking and Diabetes. Diabetes Care Volume 27 Supplement 1. January 2004. [www.diabetes.org](http://www.diabetes.org)
- 2 Borowitz JL, Isom GE. Toxicol Sci. 2008 Jun; 103(2): 225-7. Epub 2008 Mar 18.
- 3 Haire-Joshu D, Glasgow RE, Tibbs TL. Smoking and Diabetes. Diabetes Care, Volume 22, Number 11, November 1999 [www.diabetes.org](http://www.diabetes.org)
- 4 Holloway AC, Lim GE, Petrick JJ, Foster WG, Morrison KM, Gerstein HC. Fetal and neonatal exposure to nicotine in Wistar rats results in increased beta cell apoptosis at birth and postnatal endocrine and metabolic changes associated with type 2 diabetes. Diabetologia (2005) 48: 2661-2666. Published online 4 November 2005. [www.diabetologia-journal.org](http://www.diabetologia-journal.org)
- 5 New Mexico Clinical Prevention Initiative. Tobacco Use Prevention and Cessation Program. 3rd Edition. 2007. [www.nmms.org/subpages/NMMS\\_CPI.html](http://www.nmms.org/subpages/NMMS_CPI.html)
- 6 U.S. Department of Health and Human Services. Clinical Practice Guideline: Treating Tobacco Use and Dependence. Washington, D.C. U.S. Government Printing Office. 2000. [www.hhs.gov/](http://www.hhs.gov/)
- 7 Willi C, Bodenmann P, Ghali WA, Faris PD, Cormuz J. Active Smoking and the Risk of Type 2 Diabetes. Journal of the American Medical Association December 12, 2007 – Volume 298 Number 22 [www.pub.ama-assn.org/](http://www.pub.ama-assn.org/)

## Resources for Clinicians

The following resources are FREE and can be downloaded from the New Mexico Health Care Takes On Diabetes website at [www.nmtod.org](http://www.nmtod.org). For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

**New Mexicans Can Get Extra Support to Quit Smoking: Information for Both the Provider and Patient**—Free telephone-based tobacco cessation services are available at 1-800-QUIT NOW (1-800-784-8669).

**Diabetes and Smoking Online Course (with CME)**—Healthcare professionals are encouraged to speak with patients about smoking cessation. This module provides background about the association between smoking and diabetes and offers suggestions about how to assess readiness to stop smoking and assist patients with smoking cessation. The target audience is healthcare professionals including physicians and nurses and their assistants, pharmacists, dietitians, exercise physiologists, and diabetes educators. View the course at [www.diabetesnm.org](http://www.diabetesnm.org).

**Clinical Prevention Initiative (CPI): A Tool for Providers**—With funding from the Tobacco Use Prevention & Control Program at the New Mexico Department of Health, CPI offers consultation and educational materials for healthcare professionals:

- ❖ The notebook, Tobacco Use Prevention and Cessation Program: A Continuing Education Program for Healthcare Practitioners in New Mexico (3rd edition), was updated in June 2007 and is available for download at: [www.nmms.org/docs/TobaccoUsePrevJune07.pdf](http://www.nmms.org/docs/TobaccoUsePrevJune07.pdf).
- ❖ Additional physician and patient resources are available from TUPAC at [www.nmtod.org](http://www.nmtod.org) or can be requested from CPI at 505-828-0237 or [cpi@nmms.org](mailto:cpi@nmms.org).

### New Mexico Health Plan Member Quit Line Information—

Blue Cross Blue Shield New Mexico Members – Blue Care Connection: 1-866-874-0912  
Lovelace Health Plan Members : 1-877-480-9368  
Molina Healthcare Members: 1-866-QUIT 4 LIFE (1-866-784-8454)  
Presbyterian Health Plan Members: 1-800-840-5445  
United Healthcare Members: 1-800-846-4678

### Websites—

The editorial committee has identified websites that you may find informative:

- ❖ American Cancer Society: [www.cancer.org](http://www.cancer.org)
- ❖ American Lung Association (Freedom from Smoking): [www.lungusa.org](http://www.lungusa.org)
- ❖ CDC Tobacco Information and Prevention Source: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- ❖ Quit Now - New Mexico: [www.quitnownm.com](http://www.quitnownm.com)
- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)
- ❖ National Institute of Health: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)
- ❖ American Heart Association – Heart of Diabetes Program: [www.americanheart.org/diabetes](http://www.americanheart.org/diabetes)
- ❖ New Mexico Department of Health – Diabetes Prevention and Control Program: [www.diabetesnm.org](http://www.diabetesnm.org)

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website\* [www.nmtod.org](http://www.nmtod.org).

*\*Please note that these websites do not necessarily represent the views of NMHCTOD. They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.*

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