

MERCER COUNTY TOBACCO DEPENDENCE PROGRAM

NEW JERSEY QUITCENTERSSM

222 East State Street / Trenton, NJ 08608

www.mercercountytdep.com

609-396-7707

Smoking cessation recommendations from American Diabetes Association. Standards of Medical Care in Diabetes—2009. *Diabetes Care*. 2009; 32:S13-S61

- Advise all patients not to smoke. (A)
- Include smoking cessation counseling and other forms of treatment as a routine component of diabetes care. (B)

Issues of smoking in diabetes are reviewed in detail in the ADA technical review¹⁵⁸ and position statement²¹⁸ on this topic. A large body of evidence from epidemiological, case-control, and cohort studies provides convincing documentation of the causal link between cigarette smoking and health risks. Cigarette smoking contributes to one of every five deaths in the U.S. and is the most important modifiable cause of premature death. Much of the prior work documenting the impact of smoking on health did not separately discuss results on subsets of individuals with diabetes, suggesting that the identified risks are at least equivalent to those found in the general population. Other studies of individuals with diabetes consistently found a heightened risk of CVD and premature death among smokers. Smoking is also related to the premature development of microvascular complications of diabetes and may have a role in the development of type 2 diabetes. A number of large randomized clinical trials have demonstrated the efficacy and cost-effectiveness of smoking cessation counseling in changing smoking behavior and reducing tobacco use. The routine and thorough assessment of tobacco use is important as a means of preventing smoking or encouraging cessation. Special considerations should include assessment of level of nicotine dependence, which is associated with difficulty in quitting and relapse.^{219,220} Free telephone quit lines are available in each state (see www.naquitline.org). p S32



Comprehensive Tobacco Control Program

**NEW JERSEY
QUITCENTERSSM**

Mercer County Tobacco QuitCenter
UMDNJ School of Public Health
Somerset Medical Center
Saint Barnabas Behavioral Health Center
Shore Memorial Hospital Quitcenter
Tobacco QuitCenter at Virtua Health



NJQuitLine. 1-866-NJSTOPS

TDD users, call toll-free at 1-866-257-2971

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www.njquitnet.com