



How Tobacco Affects Your Health

Video 10



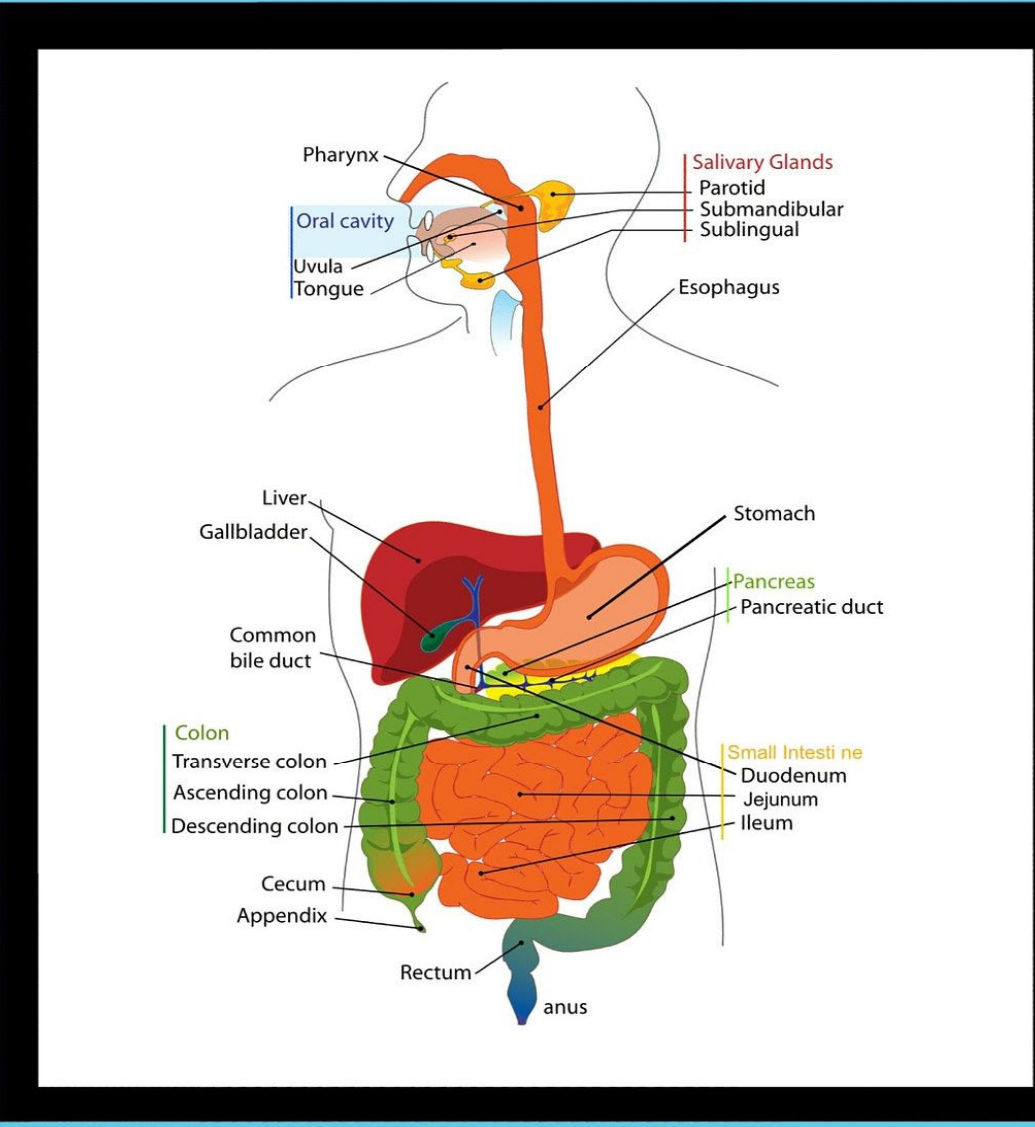
Risk Factors





**What do cigarettes
contain?**

El consumir
tabaco puede
causar
cáncer en
TODO el
cuerpo





**Healthy Human
Lung**



**Tobacco Smoker's
Lung**

PANCREA
CELLS
RESISTANCE
METABOLISM
INSU
STAGES
ISLETS
MONIT
WEIGH
CONGENITAL
NERVE
GLUCOSE
INJECT
SENSITIVITY
TYPE
HEALTHCARE
SYMPTOMS
DIABETES
WELL
ACUTE
HYPERGLYCEMIA
KETOACIDOSIS
SUGAR
SPOND
ILIN
PANCREAS
MELLITUS
LTS
INJECT
SUGAR



Why is smoking so bad if you have
or at risk for diabetes?



To smoke

not to smoke

Identify your Triggers



Withdrawal symptoms





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CHW can CONNECT you to these resources:

CDC – Centers for Disease Control and Prevention: [How to Quit Smoking](#)

NIH – National Cancer Institute
[Smokefree.gov: Identify Your Triggers](https://www.smokefree.gov/)

TIME – Tobacco: Why Smoking Is Especially Bad If You Have Diabetes

**Your CHW can help you how to
CONNECT to resources!!**

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