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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 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 2008*, 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.com 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. 8 No. 5, 2008

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.
- ❖ Evidence is emerging that smoking may increase risk for developing diabetes.
- ❖ 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 widely 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 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/
- 2 New Mexico Clinical Prevention Initiative. Tobacco Use Prevention and Cessation Program. 3rd Edition. 2007. www.nmms.org/subpages/NMMS_CPI.html
- 3 Haire-Joshu D, Glasgow RE, Tibbs TL. Smoking and Diabetes. *Diabetes Care*, Volume 22, Number 11, November 1999 www.diabetes.org
- 4 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/
- 5 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
- 6 American Diabetes Association. Smoking and Diabetes. *Diabetes Care* Volume 27 Supplement 1. January 2004. www.diabetes.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.com. For further information contact Charm Lindblad, Executive Director, at 505.796.9121 or toll-free 1.866.796.9121.

Uninsured 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). Callers are offered:

- ❖ Services in English and Spanish from 6 a.m. to 10 p.m., seven days a week
 - ❖ Free quit plan
 - ❖ Unlimited telephone sessions with a trained quit coach
 - ❖ Free nicotine patches, gum or lozenges, as appropriate, while supplies last
 - ❖ Free Quit Guides to help participants stay on track with their quit plan between calls
 - ❖ Free referral to local community cessation programs, where available, for additional support
- Additional educational materials in both English and Spanish are available at nmtod.com

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.
- ❖ Additional physician and patient resources are available from TUPAC at nmtod.com or can be requested from CPI at 505-828-0237 or 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: 1-800-QUIT NOW (1-800-784-8669)

Presbyterian Health Plan Members: 1-800-840-5445

United Healthcare members – NM Concerned About Tobacco: 505-262-6024 and
NM Medical Society: 505-828-0237

** These tools are not intended to serve as complete and full education. The education tools are made available in a written form for the professionals and patients, to assist in lifestyle changes. More complete patient specific education can take place with a registered dietitian and/or a certified diabetes educator.*

Websites—

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

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

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website* www.nmtod.com

**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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