Blood Glucose Control and Smoking in Diabetes

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**Goals and objectives**

**Goals**
The smokers should be encouraged to quit smoking and consult with smoking cessation clinic so that the patients can control their blood sugar levels and prevent the complication.

**Objectives**
1. To study the proportion of the smokers in the people with Type 2 diabetes
2. To compare the blood glucose control and diabetes complications of smokers and former smokers

**Material and Methods**
- conducted in 131 patients with type 2 diabetes aged 15 years old and over
- from April 2014 to January 2015.

Sample who had history in smoking; divided to 2 groups

The first group
8 continued smokers

The second group
51 former smokers who quitted smoking more than a month to consult in nutrition, exercise and blood glucose control.

**Result**
The 131 samples, it revealed that they were smokers (6.10%), former smokers (38.93%) and non-smokers (54.96%). All smokers were males, more than 50-year-old (87.5%) and most were diabetes for 1 to 5 years (75%). Former-smokers were both male and female, were more than 50 years old and over (98.04%) and were diabetes for 6 years old and over (66.56%). HbA1c less than 7 was indicator of good blood glucose control.

**Conclusion**
The people with diabetes who smoked were more likely to have poor blood sugar control. It is suggested that integrated care for the patients with diabetes should be supported. That is, clear guidelines of the diet control, balance exercises and the assessment of risk behavior are recommended. The smokers should be encouraged to quit smoking and consult with smoking cessation clinic so that the patients can control their blood sugar levels and prevent the complication.

**Integrated care for the patients diabetes guidelines**
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- Balance exercises
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