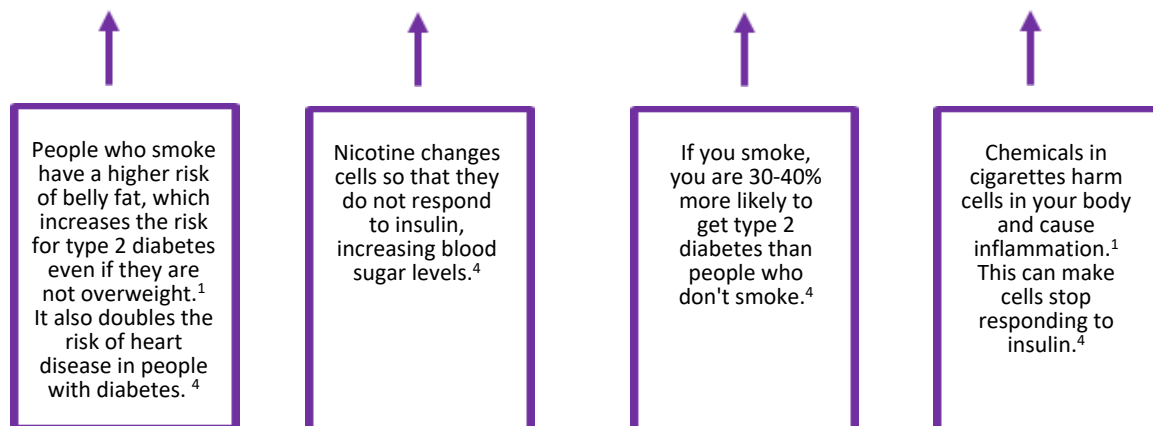


### National Diabetes Month

Familiarize yourself with these key words and learn more on how smoking can put you at risk or impact your diabetes.

Key word:	Definition:
Type 1 Diabetes	This type is believed to be caused by an autoimmune reaction which stops your body from making insulin. <sup>1</sup> People with type 1 need to take daily insulin injections to survive. This type usually develops in children or young adults. <sup>2</sup>
Type 2 Diabetes	In this type, the body produces insulin, but the cells do not use insulin well. <sup>1</sup> This is called insulin resistance. <sup>2</sup> As a result, the pancreas is not able to make more insulin. It develops over several years and is usually diagnosed in adults.
Oxidative stress	An imbalance between the production of free radicals and the ability of the body to counteract or detoxify their harmful effects through neutralization by antioxidants. <sup>3</sup>
Free Radicals	An oxygen containing molecule that has one or more unpaired electrons, making it highly reactive with other molecules. <sup>3</sup>
Antioxidants	Molecules present in the cells that prevent reactions by donating an electron to the free radicals without becoming damaged themselves. <sup>3</sup>

### How can smoking lead to Type 2 diabetes?



1 CDC. (2023). What is Diabetes? Centers for Disease and Control Prevention. Retrieved from <https://www.cdc.gov/diabetes/basics/diabetes.html>

2 Joslin Diabetes Center. (n.d.). The Difference Between Type 1 and Type 2. Beth Israel Lahey Health. Retrieved from <https://www.joslin.org/patient-care/diabetes-education/diabetes-learning-center/difference-between-type-1-and-type-2>

3 Mandal, A. (2023). What is Oxidative Stress? News Medical Life Sciences. Retrieved from <https://www.news-medical.net/health/What-is-Oxidative-Stress.aspx>



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Check out the calendar on the other side to see what's going on this week.



## Manage Your ABCs

- A:** Get a regular **A1C** to measure your average blood sugar over 2-3 months; aim to stay in your target range as much as possible.<sup>5</sup>
- B:** Try to keep your **blood** pressure below 140/90mm Hg (or the target your doctor sets).<sup>5</sup>
- C:** Control your **cholesterol** levels.<sup>5</sup>
- S:** Stop **smoking** or don't start!<sup>5</sup>



4 CDC. (2022). Smoking and Diabetes. Centers for Disease and Control Prevention. Retrieved from <https://www.cdc.gov/diabetes/library/features/smoking-and-diabetes.html#:~:text=Chemicals%20in%20cigarettes%20harm%20cells,if%20they%20aren%27t%20overweight.>

5 CDC. (2022). Put the Brakes on Diabetes Complications. Centers for Disease Control and Prevention.

Retrieved from <https://www.cdc.gov/diabetes/library/features/prevent-complications.html>

6 FDA. (2020). Cigarette Smoking: A Risk Factor for Type 2 Diabetes. U.S. Food & Drug Administration.

Retrieved from <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/cigarette-smoking-riskfactor-type-2-diabetes>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to [usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil). For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday