

Smoking and Diabetes: Quitting smoking for good with Nicorette®



Did you know?

In people with diabetes:

↑ 1.5 to 3

The risk for poor glycaemic control is 1.5 to 3-fold higher for smokers.¹

↑ 1.8x

Smoking is associated with 1.8x increased risk of developing diabetic kidney disease.²

↑ 15 to 20%

Smokers have on average 15 to 20% greater insulin requirements than non-smokers, and this percentage may increase up to 30% in patients who smoke a large number of cigarettes.³

Help your patients quit
smoking today



You can help your patients with diabetes by asking whether they smoke

25
million

- ✓ At least 25 million cases of Type 2 diabetes (T2D) worldwide are estimated to be directly attributable to cigarette smoking alone:¹
- **Smoking is the third leading risk factor for T2D burden worldwide**, with 9.9% of the T2D burden attributable to smoking.²

Smokers are 30 to 40% more likely to develop T2D than non-smokers.³

1. Driva S, et al. Int J Environ Res Public Health. 2022 Oct 14;19(20):13222. 2. Bai J, et al. Front Endocrinol (Lausanne). 2022 Jul 22;13:905367.
3. Centers for Disease Control and Prevention. Smoking and Diabetes . Tips from former smokers. Available at: <https://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html#:~:text=No%20matter%20what%20type%20of,health%20problems%20from%20diabetes%2C%20including%3A>. Last accessed: April 2024.



Risks for your patients with diabetes:

Smokers are at greater risk of complications from diabetes than non-smokers¹

- ↑ **Cardiovascular disease**
(44% increased risk).^{2,3}
- ↑ **Diabetic kidney disease**
(44% increased risk).^{2,4}
- ↑ **Nerve damage**
(42% increased risk).^{2,5}
- ↑ **Diabetic retinopathy^{6,7}**
- ✔ **Smoking causes vasoconstriction** and reduced capillary blood flow resulting in impaired wound healing in diabetic foot ulcers, which can lead to amputation.⁸
- ✔ **Smoking also negatively influences** the function of the gastrointestinal tract, such as suppressing bile acids, which is very important in the regulation of glucose metabolism.⁹
- ✔ In a cross-sectional study of adults with Type 1 diabetes, smoking was found to be associated with a three-fold increased risk of inadequate glycemic control as defined by glycosylated hemoglobin (HbA1c) above 70.5 mmol/mol (8.6%).¹⁰

Inform your patient with diabetes about the ways smoking affects their health.



¹ Action on Smoking and Health (ASH). Smoking and diabetes. 2021. Available at: <https://ash.org.uk/resources/view/smoking-and-diabetes>. Last accessed: April 2024. ² WHO: Quitting smoking cuts your risk of developing type 2 diabetes by 30–40%. Available at: <https://www.who.int/news/item/14-11-2023-quitting-smoking-cuts-your-risk-of-developing-type-2-diabetes-by-30-40>. Last accessed: April 2024. ³ Pan A, et al. Circulation. 2015 Nov 10;132(19):1795-804. ⁴ Jiang et al. Oncotarget. 2017 Oct 4;8(54):93209-18. ⁵ Clair C, et al. J Gen Intern Med. 2015 Aug;30(8):1193-203. ⁶ Hammes HP, Kerner W, Hofer S, Kordonouri O, Raile K, Holl RW. Diabetic retinopathy in type 1 diabetes-a contemporary analysis of 8,784 patients. Diabetologia. 2011 Aug;54(8):1977-1984. ⁷ Zhong ZL, Han M, Chen S. Risk factors associated with retinal neovascularization of diabetic retinopathy in type 2 diabetes mellitus. International Journal of Ophthalmology. 2011;4(2):182-185. ⁸ Xia N, et al. J Diabetes Investig. 2019 Mar;10(2):202-15. ⁹ Yuan S, Larsson SC. Sci Rep. 2019 Dec 18;9(1):19342. ¹⁰ Jensen MH, et al. J Diabetes Sci Technol. 2021 Jul;15(4):827-32.

How quitting smoking can **benefit patients** with diabetes

✓ Smoking cessation is positively associated with a lower risk of:

↓ **Cardiovascular disease**
(reduction from 44% increased risk to 9%).^{1,2}

↓ **Diabetic kidney disease**
(reduction in risk to that of a non-smoker).^{1,3}

↓ **Diabetic neuropathy.**¹

↓ **Diabetic retinopathy.**^{1,4,5}

✓ Insulin can become more effective at lowering blood sugar levels, just eight weeks after a smoker quits.⁶

Monitor the glycaemic levels of your patients who are quitting smoking and support them in adjusting their insulin intake, as needed.



1. Geng T, et al. PLoS Med. 2023 Jan 10;20(1):e1004135. 2. Pan A, et al. Circulation. 2015 Nov 10;132(19):1795-804. 3. Feodoroff M, et al. Acta Diabetol. 2016 Aug;53(4):525-33. 4. Hammes HP, Kerner W, Hofer S, Kordonouri O, Raile K, Holl RW. Diabetic retinopathy in type 1 diabetes-a contemporary analysis of 8,784 patients. Diabetologia. 2011 Aug;54(8):1977-1984. 5. Zhong ZL, Han M, Chen S. Risk factors associated with retinal neovascularization of diabetic retinopathy in type 2 diabetes mellitus. International Journal of Ophthalmology. 2011;4(2):182-185. 6. Centers for Disease Control and Prevention. Smoking and Diabetes. HCP fact sheet. 2023.

Your vital role, as HCP in helping your patients to stop smoking

You have a vital role in motivating and guiding individuals with Type 2 diabetes in their journey to quit tobacco.¹



85%

of patients would appreciate their physician raising the topic of smoking cessation.²

↑ 40%

Counselling advice lasting less than 3 minutes increases the odds of abstinence rates by 40%.³

3-5x

3–5x increased chance of quitting with stop-smoking aids, like Nicotine Replacement Therapy (NRT) and behavioural support.^{4,5}

You can help your patients quit smoking today



Nicorette® NRT solution to support your patients in stopping smoking for good

Nicotine Replacement Therapy (NRT) has been specifically developed to aid patients to quit smoking

- ✓ NRT provides the body with therapeutic doses of nicotine through a safer, alternative method and reduces the urge to smoke (cravings).¹
- ✓ The NRT dosing regimen provides a tapering down of pharmaceutical grade, lower dosage nicotine intake.^{1,2} As the dose is tapered down, typically over a 12-week period,³ the brain downregulates the number of nicotine receptors which reduces cravings⁴ and increases the chances of successful, complete nicotine cessation.⁵

Nicorette® is clinically proven to reduce nicotine dependency, by helping to fight smoking cravings⁶



1. Sandhu A, Hosseini SA, Saadabadi A. Nicotine Replacement Therapy. [Updated 2023 Nov 12]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan.
2. European Pharmacopoeia (Ph. Eur.) 11th edition. Strasbourg, France: EDQM Council of Europe. Nicotine 1452 (01/2009:1452) respectively Nicotine Resinate (01/2015:1792).
3. Sweeney CT, et al. CNS Drugs. 2001;15(6):453–67. 4. Benowitz NL. Clin Pharmacol Ther. 2008;83(4):531–541. 5. Molyneux A. BMJ. 2004;328(7437):454–456.
6. Nicorette®. Summary of Product Characteristics.

Nicorette® NRT solutions¹⁻⁷



Nicorette® Invisi Patch	Nicorette® QuickMist Mouthspray	Nicorette® Gum	Nicorette® Lozenge	Nicorette® Inhalator	Nicorette® Nasal Spray	Nicorette® Microtab
Slow release NRT All-day relief from background withdrawal	Fast release NRT Relieves sudden cravings whenever they strike					
16-hour patch specifically designed to be removed at night, so as not to add to the sleep disturbance caused by nicotine withdrawal.	Clinically proven to start relieving cravings in 30 seconds ² . Indicated for both smoking cessation and nicotine vaping cessation.	Relieves tough cravings. For those who like chewing gum to control cravings. Icy White flavour also improves teeth whiteness.	Starts to fight cravings in just 2 minutes. Dual-layer flavour technology designed to aid compliance.	Mimics hand-to-mouth ritual of smoking.	Rapid uptake of nicotine for fast relief of cravings.	Flexible and discreet; no chewing is required.
Strengths available: 10mg, 15mg, 25mg	1mg/spray	2mg, 4mg	2mg, 4mg	15mg	0.5mg/spray	2mg
Maximum dose: 1 patch daily	Maximum dose: 64 sprays in any 24 hour period	Maximum dose: 15 pieces per day	Maximum dose: 15 pieces per day	Maximum dose: 6 cartridges per day	Maximum dose: 64 sprays in any 24 hour period	Maximum dose: 40 tablets per day
	freshmint	original	icy mint			
	cool berry	icy white	fruit			
		fruitfusion				
		freshmint				

NOTE: Dosing based on UK formats.
For details on the dosages, see product information for the respective product.
1. Nicorette® Invisi 25mg Patch. Summary of Product Characteristics. Oct 2024. 2. McCaffrey, V., Victoria, M., Hansson, A., Anna, H., Perfekt, R. and Roland, P., 2019. Pharmacodynamic effects of nicotine mouth spray and cytsine tablet. A study in adult healthy smokers. Consilium Medicum, 21(11), p.28-33. 3. Nicorette® 4 mg Gum. Summary of Product Characteristics. Sept 2021 4. Nicorette® 4mg lozenge. Summary of Product Characteristics. May 2024. 5. Nicorette® 15mg Inhalator. Summary of Product Characteristics. Oct 2024. 6. Nicorette® 10mg/ml Nasal Spray. Summary of Product Characteristics. Feb 2023. 7. Nicorette® 2mg Microtab. Summary of Product Characteristics. Aug 2021.

How do you create the right quitting plan for your patient?

Even less than 3 minutes can save a life

Ask¹

“Have you smoked in the last 30 days?”

“Would you like to stop smoking today?”

As HCP

- You can save a life in less than 3 min.
Ask all your patients.

For Patient

- Smoking can increase the risk of developing diabetes by 37%.²
- Smoking is the No.1 preventable cause of death globally.³

Advise¹

Empathise and advise that the best way to quit smoking is with non-smoking aids, like NRT and your/a specialist support (VBA*).

Help them set their expectations on their quit journey (learnings from previous attempts can be used to help this one).⁴

As HCP

- 85% of patients would appreciate their physician bringing up the topic of smoking cessation.⁵

For Patient

- Quitting smoking can help control and manage your diabetes better.⁶

Act¹

Recommend stop smoking aids like Nicorette® NRT or prescription medicines and provide your ongoing support.

Set the quit date with your patient.

Offer a follow-up appointment with you or a specialist.

As HCP

- You can support your patient and build confidence, for example, by referring the patient to additional smoking cessation resources.

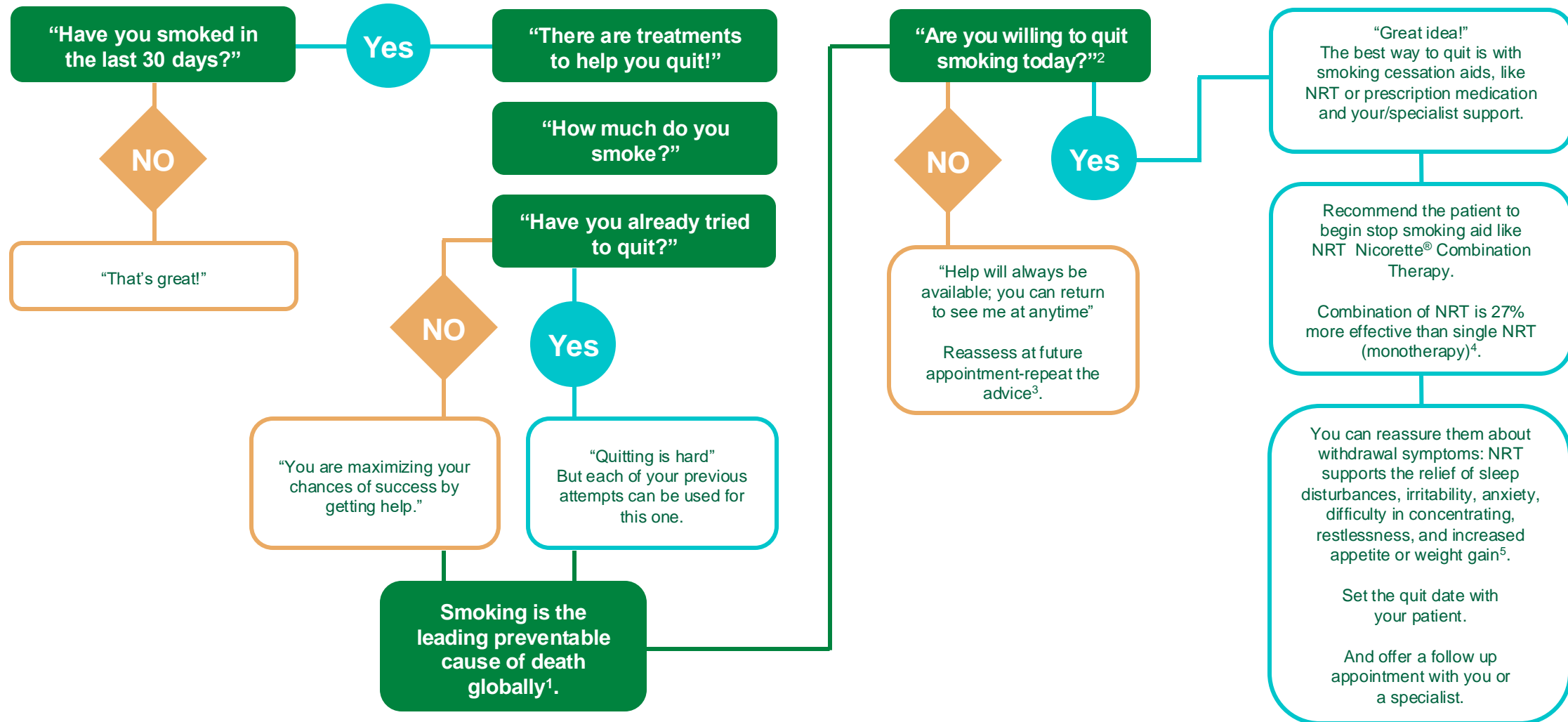
For patient

- People who quit smoking lower their risk of developing diabetes to the same as non-smokers.^{**7}

* VBA = Very Brief Advice. ** In women quit for >5 years and men quit for >10 years.

1. NICE guideline NG209. Tobacco: preventing uptake, promoting quitting and treating dependence. November 2021. 2. Jensen MH, et al. J Diabetes Sci Technol. 2021 Jul;15(4):827-32. 3. <https://www.who.int/news-room/fact-sheets/detail/tobacco>. 4. NCST standard treatment programme 2019. 5. Slama KJ, et al. Family Practice 1989;6(3):203-209. 6. WHO: Quitting smoking cuts your risk of developing type 2 diabetes by 30–40%. Available at: <https://www.who.int/news/item/14-11-2023-quitting-smoking-cuts-your-risk-of-developing-type-2-diabetes-by-30-40#:~:text=Quitting%20smoking%20not%20only%20reduces,can%20cause%20type%202%20diabetes>. Last accessed: April 2024. 7. Wil JC, Galuska DA, Ford ES, Mokdad A, Calle EE. Cigarette smoking and diabetes mellitus: evidence of a positive association from a large prospective cohort study. Int J Epidemiol. 2001 Jun;30(3):540-6. doi: 10.1093/ije/30.3.540. PMID: 11416080.

Conversation Guide: Ask your patients about their smoking status





Advise your patients with diabetes to quit smoking – few things are more important in managing the risk of cardiovascular disease for those patients.¹

Recommend Nicorette® Combination Therapy to help your patients quit for good.²

1. Sherman, J.J., 2005. The impact of smoking and quitting smoking on patients with diabetes. Diabetes Spectrum, 18(4), pp.202-208.

2. Lindson N, et al. Cochrane Database of Systematic Reviews 2019. Apr 18;4(4):CD013308.

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- <https://www.who.int/news-room/fact-sheets/detail/tobacco>
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