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## What types of urologic cancers are associated with smoking?

- Smoking triples your risk for bladder cancer and can cause other cancers of the urinary tract.
- The more cigarettes you smoke each day, the higher your risk for kidney cancer is.
- Men with prostate cancer who smoke are at higher risk of death due to the disease when compared to men with prostate cancer who don't smoke.
- Men who smoke are also more likely to have their prostate cancer diagnosed at a more advanced stage of disease.

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## What other urologic conditions are impacted by smoking?

Smoking can cause harmful chemicals to build up in the urine. If you smoke:

- You may increase your risk for kidney stone disease.
- You may experience worse symptoms if you have interstitial cystitis (Painful Bladder Syndrome).
- You may increase your risk for stress urinary incontinence.

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## Can smoking cause erectile dysfunction?

Yes—men who smoke are at higher risk for erectile dysfunction (ED).

Men with ED have difficulty getting and keeping an erection—a situation that affects your sex life and your ability to start a family.

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## How will my urologic health and sex life benefit if I quit smoking?

- You'll decrease your chance of getting bladder or kidney cancer.
- If you have prostate cancer and quit smoking, your health prognosis improves.
- You'll be less likely to experience ED. The earlier you stop smoking, the more likely you can reverse ED symptoms.
- You'll improve your fertility and chance of starting a family.

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## I want to quit using tobacco—how do I get started?

- Talk to your VA health care provider about cessation medications and counseling to treat your tobacco use.
- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday. Available in English & Spanish.
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (manda **VETesp** al **47848** para ayuda en español) or visit [smokefree.gov/VET](https://smokefree.gov/VET).

