



## How does smoking affect my HIV?

In the United States, people living with HIV are twice as likely to smoke than people not living with the disease.

If you have HIV/AIDS and smoke, you increase your chance of getting both AIDS-related and non-AIDS-related illnesses and your HIV medication may not work as well.

In fact, you are likely to lose more years of your life to smoking than to HIV.

## What health problems can my smoking cause?

### AIDS-related illnesses

- Pneumonia
- Thrush (a yeast infection in the mouth and throat)
- TB (tuberculosis)
- Liver cancer
- HIV-related symptoms like fatigue, nausea, and body pain

### Non-AIDS-related illnesses

- Lung, head and neck, and other tobacco-related cancers
- Heart disease, including heart attack and stroke
- COPD (chronic obstructive pulmonary disease)

## How will my health benefit if I quit smoking?

If you quit smoking, it will decrease your risk of getting:

- Heart disease, including having a heart attack
- Cancer
- COPD
- Pneumonia
- HIV-related symptoms like fatigue

## 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).

