HIV & TOBACCO USE

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?

<table>
<thead>
<tr>
<th>AIDS-related illnesses</th>
<th>Non-AIDS-related illnesses</th>
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<tbody>
<tr>
<td>• Pneumonia</td>
<td>• Lung, head and neck, and other tobacco-related cancers</td>
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<td>• Thrush (a yeast infection in the mouth and throat)</td>
<td>• Heart disease, including heart attack and stroke</td>
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<td>• TB (tuberculosis)</td>
<td>• COPD (chronic obstructive pulmonary disease)</td>
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<td>• Liver cancer</td>
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<tr>
<td>• HIV-related symptoms like fatigue, nausea, and body pain</td>
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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?

• 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 (or VETesp to 47848 for Spanish) or visit smokefree.gov/VET
• Talk to your VA primary care provider or infectious disease provider about tobacco cessation medications and counseling that can help you quit
• Visit publichealth.va.gov/smoking