



In what ways
does smoking
affect my health
as someone
living with HIV?

Smoking is especially dangerous if you are living with HIV.

Did you know?

If you are living with HIV, smoking can result in:

- Reduced effectiveness of antiretroviral therapy (ART)
- Experiencing more HIV-related symptoms
- More severe respiratory infections
- A weakened immune system, which can lead to more HIV-related oral and lung infections, for example, thrush, leukoplakia and pneumonia.
- Double the risk of cardiovascular disease compared with people living with HIV who do not smoke.

Even if you do not smoke, living with HIV means you have a higher risk for smoking-related cancers due to a weakened immune system. Smoking further increases these risks.



If you are living with HIV, you are twice as likely to smoke than the general population and are less likely to quit.

The myths & the facts

MYTH: I'm living with HIV and smoking doesn't affect my health.

FACT: Smoking significantly worsens your health if you are living with HIV. It impacts HIV-related conditions and non-HIV-related conditions.

MYTH: Smoking helps me to cope with the stress of living with HIV.

FACT: You can manage stress with healthy coping mechanisms like:

- Finding support through friends, family, support groups or a counselor.
- Engaging in relaxation techniques, like meditation.
- Finding activities to reduce stress, like physical activity.

Quitting tobacco can help you lead a healthier life and experience fewer HIV-related symptoms.

- View Brian I.'s story from the Tips From Former Smoker's® campaign
 - TinyURL.Com/BrianTFFS

Ready to quit tobacco use?

How to get help:

- Visit [Cancer-Network.org/Outlast-Tobacco](https://www.cancer-network.org/Outlast-Tobacco) for more information.
- Call 1-800-784-8669 for your state's tobacco Quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [LGBTQHealthCareDirectory.Org](https://www.lgbtqhealthcaredirectory.org) to find LGBTQ+-friendly healthcare near you.