



# Are you a woman using opioids and tobacco?

**Opioid misuse and tobacco use  
are leading preventable causes  
of death and disease in America.**

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# Women use and respond to these substances in unique ways.

## **Compared to men, women are:**

- Quicker to progress from substance use to addiction
- More likely to use substances if their partner does
- Less likely to quit with treatment for smoking cessation

## **Women use fewer tobacco products and opioids than men, but they experience:**

- Greater anxiety severity
- Greater opioid and tobacco-related deaths
- Greater risk of chronic obstructive pulmonary disease

## **Quitting substance use is more difficult for women. Specifically, women:**

- Experience greater drug cravings than men
- Experience withdrawal and stress related to withdrawal more intensely than men
- Have societal barriers that prevent them from getting the help they need, such as time constraints from needing to take care of children and loved ones
- Are more likely to relapse than men



## **Treating tobacco and opioid use disorders together supports successful opioid recovery.**

- Quitting smoking is linked to extended recovery from opioid misuse.
- Quitting smoking reduces stress and anxiety and promotes physical wellness, which promotes opioid use recovery.

# Get help and quit tobacco today. The best way to quit is by using medication and counseling.

## How to get help:

- Call 1-800-784-8669 (QUIT-NOW) for your state's tobacco Quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [Women.SmokeFree.Gov](https://www.Women.SmokeFree.Gov) for more resources for women.