



Are you a woman using opioids and tobacco?

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

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**
Making Cancer History®



CANCER PREVENTION & RESEARCH
INSTITUTE OF TEXAS

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 for more resources for women.

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