

E-CIGARETTES

YOUR QUIT JOURNEY STARTS TODAY.



What is an e-cigarette?

E-cigarettes (also called vapes) use batteries to heat a mix of flavors, nicotine and other chemicals to make a vapor. The vapor is an aerosol that is inhaled and exhaled like cigarette smoke. E-cigarettes come in many flavors, shapes and strengths. An e-cigarette can look like a regular cigarette, pipe, cigar, or even everyday items such as a pen or a flash drive. They can also have cannabis or illegal drugs in them.

Can I use e-cigarettes to quit smoking?

Some adults use e-cigarettes to smoke fewer regular cigarettes but e-cigarettes are NOT approved by the Food and Drug Administration (FDA) as a way to quit smoking. The FDA has approved seven types of medication, including nicotine gum, patches, and lozenges, that can double a smoker's chances of quitting. Adults who want to quit should try these medications first and can contact Quit Now Virginia for support in quitting.



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Text READY to 34191

Are e-cigarettes safe?

When heated, e-cigarettes create an aerosol, not just water vapor. E-cigarettes have fewer toxins than regular cigarettes, but they are not harmless. The aerosol from e-cigarettes can expose users to toxic chemicals such as formaldehyde, acrolein, and acetaldehyde, as well as harmful metal particles like nickel, lead, chromium, tin, and aluminum. Inhaling these substances can cause lung damage.

E-cigarette batteries can catch fire or explode. If young children and pets eat or drink the liquids, they can die from nicotine poisoning.

How to talk to a teen about vaping?

Vapes are the most commonly used form of tobacco by young people in VA and the US. Nicotine—in any form—can harm the parts of the growing adolescent brain that controls attention, learning, mood, and impulse control. Of those who use e-cigarettes, many started vaping to lessen or cope with feelings of stress, anxiety or depression. Though they may be looking to nicotine for relief, many young people are unaware that vaping may make their symptoms worse.

Quitting vaping can improve mental and physical health. Most young people who use vapes want to quit. Visit VapeFreeVA.org for tips on how to help a young person quit and evidence-based resources to support their quit attempt. Teens can also contact Quit Now Virginia for a texting cessation program.



Reach out today, for all the help you need to stop smoking and vaping.

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DEPARTMENT
OF HEALTH
Tobacco Control Program

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SMOKING AND STRESS

10 TIPS TO HELP YOU QUIT AND STAY QUIT



People often use cigarettes or vapes to help reduce stress. While smoking or vaping may calm you down at first, you are likely to feel more stress, minutes later. This creates a yo-yo effect of feeling calm then stressed again throughout the day. Smoking increases your blood pressure and heart rate and it weakens your immune system, which protects you from infections and illnesses.

We know that quitting can be difficult. Here are some tips to help reduce stress, while you're on your journey to becoming smoke-free:

1. Don't quit on your own

Get help from a Quit Now Virginia quit coach or attend a quit smoking class. Trained tobacco treatment specialists can help you identify your smoking triggers and develop a quit plan.

2. Use quit medication

Over-the-counter or prescription quit medications can reduce your cravings for tobacco and help you focus on your quit plan, doubling your odds of quitting.

3. Ask for help

Get your family and friends on board. Talking to others can give you emotional support and take your mind off of smoking.



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4. Exercise regularly

Exercise boosts chemicals in your body called endorphins. These endorphins make you feel good. Smokers who exercise while quitting are less likely to start smoking again.

5. Eat healthy snacks

Try carrot sticks or apple slices. Nutritious snacks give you something to do with your hands and they help you to become healthier.

6. Get plenty of sleep

Studies show that people who get seven or more hours of sleep each night are less stressed and less likely to slip up or start smoking again.

7. Practice relaxation exercises

Try deep breathing. Close your eyes and breathe in slowly through your nose for four seconds then breathe out slowly through your mouth. Repeat this up to 10 times.

8. Use your imagination

Close your eyes and focus on a color, the warmth of the sun, or the sound of birds chirping. Practice the activity for 5 to 10 minutes, when you feel stressed.

9. Take a break

Watch a movie, play with a pet, or work on a project such as organizing a closet.

10. Keep trying

Don't give up, even if you slip up. The more you try, the closer you get to quitting for good.

WAYS TO QUIT SMOKING

YOUR QUIT JOURNEY STARTS TODAY.



How do people quit smoking?

Quitting tobacco is not easy. Most smokers try several times before they quit for good. Most people use more than one method to quit. The most common ways that people try to quit include:

- Cold turkey or giving up all cigarettes without medication or nicotine replacement therapy (NRT)
- Gradually cutting back or tapering down on cigarettes
- Replacing some or all regular cigarettes with “mild” cigarettes or e-cigarettes
- Using NRT, including patches, gum, or lozenges
- Getting help from healthcare providers, smoke-free web sites and apps, or telephone quit lines

What quit method is the most successful?

Two ways to increase your chances of quitting tobacco include getting coaching (behavioral counseling) AND using some type of quit smoking medication. Using them together can help even more! Quit smoking medications help with the physical nicotine cravings and healthcare providers or quit coaches can help identify smoking triggers and develop a quit plan to help you quit for good.

Quit smoking medications approved by the FDA can double your chances of quitting any tobacco or nicotine product. NRT gives you a dose of nicotine to help you through withdrawal symptoms and cravings. The most common forms of NRT are the patch, gum, and lozenge. Other quit-smoking medications such as Chantix (varenicline) and Zyban (bupropion) are pills you can take to help you quit. They don't provide nicotine but they can keep you from craving cigarettes and help you handle withdrawal symptoms.

What type of support is best for me?

Ninety percent of people try to quit on their own but only five to seven percent of them quit for good. Using quit-smoking medication and getting some sort of support give you the best odds of quitting. You can combine medication with any of these coaching and counseling supports:

- Group support: multiple sessions with a trained smoking cessation specialist
- One-on-one counseling: multiple sessions with a trained smoking cessation specialist
- Telephone support: phone sessions with a trained smoking cessation specialist
- Brief quit-smoking advice: a single session with a healthcare provider to arrange help
- Text messages: motivational messages sent to your cell phone to support your quit efforts
- Quit smoking websites: online support that can be combined with other quit-smoking methods

Can I use an e-cigarette to quit?

There is not enough proof that e-cigarettes can help people quit smoking. For adults who smoke, switching completely from cigarettes to e-cigarettes may reduce harm, but the final goal should be to stop using all nicotine products including e-cigarettes. People who smoke should talk to their doctor about proven methods to quit.



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TOBACCO AND BEHAVIORAL HEALTH

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Common questions people ask:

I quit drinking and I don't want to relapse. Will quitting smoking make me want to drink?

Nicotine can make cravings for alcohol or drugs stronger. If your goal is to quit drinking or using drugs, quitting smoking will help you achieve that goal. If you quit smoking, you increase your chances of staying drug- and alcohol-free, as well.

What medications can I use to quit smoking?

FDA has approved seven quit smoking medications to help people successfully quit using tobacco and nicotine products. These medications include three Nicotine Replacement Therapies (patch, gum and lozenge) and two pills that do not contain nicotine but can help nicotine withdrawal symptoms (Chantix or varenicline and Zyban or bupropion).

Any one of the seven FDA-approved quit smoking medications—even Chantix—can be used by people who take psychiatric medications or by people in recovery. In the past, Chantix was not recommended for people with mental health disorders. However, new research suggests that this is no longer the case. Your psychiatrist will be able to help you figure out which medication might work best for you.

I take psychiatric medication, can quitting smoking impact my meds?

Yes, the nicotine in tobacco products can change the strength of your medication. You may be able to lower your medication dosage when you quit smoking. Before quitting, you should discuss this with your psychiatrist.

Smoking or vaping helps me manage anxiety. Why should I quit?

Many people feel that smoking or vaping helps them manage stress and anxiety. The nicotine in a cigarette or vape might calm you down but this feeling is temporary. When you start craving the next cigarette or vape, you'll feel withdrawal symptoms. This is when anxiety actually becomes worse and the cycle starts all over again. Smokers who quit for more than two weeks say that they have less anxiety than when they were smoking.

Work with your doctor and psychiatrist on other ways to deal with your anxiety instead of using nicotine. Quit Now Virginia quit coaches can also help you put together a quit plan with personalized tips to get through your nicotine cravings.



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TOBACCO AND DIABETES

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Does smoking cause diabetes?

Smoking can lead to diabetes in adults (type 2 diabetes). The more you smoke, the greater your chances are of getting diabetes. Smoking causes inflammation and stress in every part of your body. Your cells and organs become damaged and they stop working properly. When your body is not working correctly because of smoking, you will be less able to fight diabetes.

What if I smoke and have diabetes?

If you smoke and have diabetes, you are more likely to have diabetes-related complications. Smokers with diabetes have poor blood flow. This increases the chances of problems with your feet and toes, for example, and you could end up losing them. You are also more likely to go blind, damage the nerves in your arms and legs, and develop heart and kidney disease.

Triple Damage

People with diabetes are in danger of:

- Heart and vein issues: if you smoke, you increase the strain on your heart and your blood flow is reduced. This can result in heart disease and stroke.
- Lung infections: smoking directly affects your lungs and leads to serious diseases such as pneumonia.
- Vision loss: people with diabetes have a higher risk of eye diseases which can result in blindness. Smoking can make these diseases progress faster.

Quitting smoking will help your diabetes

Quitting is the best thing you can do for your health. Because high levels of nicotine from tobacco make your insulin less effective, you may need more of it than a nonsmoker with diabetes. When you quit, you'll have better control over your blood sugar. After just two months of being smoke-free, your insulin can work better for you and you may be able to reduce how much you need.

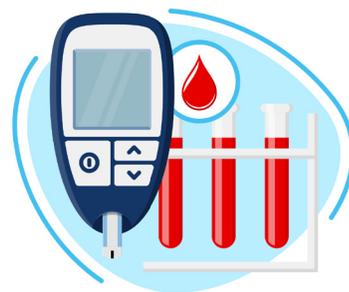


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TOBACCO AND HEART DISEASE

YOUR QUIT JOURNEY STARTS TODAY.



Does smoking hurt my heart and veins?

Smoking can cause heart disease, and can lead to heart attacks or strokes. Tobacco has many toxic chemicals that can hurt your veins. Smoking can harden your veins, so that blood stops flowing easily. That means your heart has to work harder to pump blood to your whole body. Smoking can raise your blood pressure and heart rate.

If you smoke and have heart disease:

- Quitting smoking will help you manage your heart disease.
- Smoking increases bad cholesterol (LDL) and decreases good cholesterol (HDL).
- Smoking can make your blood form sticky clots that block the flow to your heart and brain. This can cause heart attacks or strokes.

Can I keep smoking if I have heart disease?

You can keep smoking but this can make your heart disease worse. You might have more symptoms such as pain in your chest and arms or shortness of breath. One out of every three deaths from heart disease is caused by smoking.

Quitting smoking will help your heart and veins:

- When you stop smoking for 20 minutes, your heart rate returns to normal.
- When you stop smoking for a day, you are less likely to have a heart attack.
- When you stop smoking for a few weeks, your blood starts pumping through your body more easily.
- When you don't smoke for five years, your risk of having a stroke is the same as someone who has never smoked.

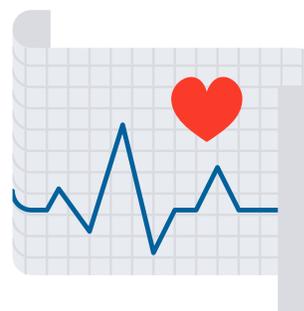


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TOBACCO AND COPD

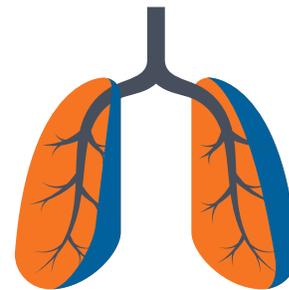
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Does smoking cause COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a preventable and treatable illness caused mainly by cigarette smoke. COPD damages the airways in your lungs, making it hard to breathe. If you have COPD you may experience:

- Frequent coughing
- Shortness of breath
- Wheezing
- Tightness in the chest



Is there a cure for COPD?

Currently, there is no cure for COPD but there are many ways to manage your symptoms and keep them from getting worse. The most important way to manage COPD is to quit smoking. As you work on quitting smoking, light activities such as walking may improve your lung health. Always ask your doctor, before starting any new activity.

How does COPD affect my breathing?

Those who suffer from COPD may also have chronic bronchitis or emphysema. In fact, most people with COPD have both of these conditions. Chronic bronchitis causes your airways to thicken and become covered in a sticky, slimy substance called mucus.

Emphysema is a condition that damages the tiny air sacs in your lungs. When these sacs are too weak to do a good job of filling up with air and letting it out, breathing becomes very difficult.

Quitting smoking will help your COPD

If you've been diagnosed with COPD, quitting smoking is the best thing that you can do for your health. Quitting will help you breathe and sleep better, fight infections, and live a healthier life! Secondhand smoke also causes COPD. If you live with any people who smoke that are not ready to quit, try to avoid being around their smoke, as much as possible.



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SMOKING AND SURGERY

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I'm having surgery and my doctor wants me to quit smoking. Why should I quit?

Quitting smoking one to two months prior to surgery can significantly lower the risk of complications. Smoking puts you at a higher risk of developing complications after your surgery. These could include heart attacks, stroke, blood clots, infections, pneumonia, and even death. Smoking decreases the amount of oxygen that reaches the cells in your surgical wound which results in slower healing times and an increase in your chances of infection.

Anesthesiologists have to work harder to keep smokers breathing while under surgery because their lungs don't work as well. If you smoke, you are 17% more likely to die during surgery. You are also more likely to need a ventilator, a machine that helps you breathe, after surgery.



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My surgery is scheduled in less than a month. Would it still be helpful for me to quit?

The sooner you quit smoking before surgery, the better. With each passing smoke-free day, your overall risk of complications goes down. Quitting 12 hours before surgery improves your oxygen level and blood pressure.

Quitting two weeks before surgery results in fewer breathing problems during surgery. Quitting three weeks before surgery helps improve wound healing.

Quitting smoking after surgery has many benefits

Staying quit after surgery will improve recovery time and continue to decrease the risk of complications. It will also help with wound healing. The risk of pneumonia will be lower and your recovery will be faster. If you stay quit, improved blood flow will make your surgical site less likely to become infected. Quitting smoking is the best thing you can do for your overall health and it is not recommended that you return to smoking after surgery.

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SECONDHAND & THIRDHAND SMOKE

YOUR QUIT JOURNEY STARTS TODAY.



What is secondhand smoke?

Secondhand smoke is blown out by smokers as well as smoke from the end of a burning cigarette or cigar. Even a little bit of secondhand smoke can hurt people around you. Smoking in a different room or opening a window does not help. Secondhand smoke can travel through vents, under doors and cracks in walls.

If you smoke or vape:

- Do not smoke or vape in your home or your car - always go outside.
- Go far away from non-smokers and pets to have your cigarette or to vape.
- Use cigarettes or e-cigarettes only in public places that allow smoking.
- Wear a jacket to smoke or vape, and take that jacket off before holding small children.
- Wash your hands after smoking or vaping.
- If you are breastfeeding, it is recommended that you breastfeed before smoking or vaping. Follow same advice above for wearing a jacket outside, removing the jacket inside, and washing hands and face before holding your baby. Wait 90 minutes before breastfeeding again.
- Try to quit. Quitting is the best way to protect your family, friends and pets from secondhand and thirdhand smoke!



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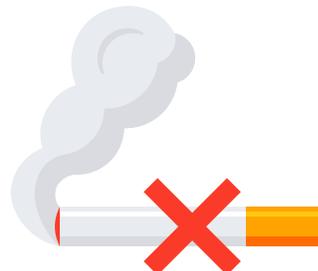
What is thirdhand smoke?

Thirdhand smoke is a residue that comes from cigarette smoke. It sticks to your skin and clothes. If you smoke in your house or car it will also stick to floors, walls, furniture, and blankets. The residue has toxic chemicals that can cause cancer.

Babies and children crawling on the floor may put their hands in their mouths after touching a surface with thirdhand smoke. Pets can be harmed by thirdhand smoke when they clean their fur or feathers. Pets can also lick or lay on surfaces coated in thirdhand smoke.

Does my smoking hurt people around me?

Yes. Secondhand smoke can cause strokes, heart disease, and lung cancer in adults who never smoked. If you are pregnant and you breathe secondhand smoke, the baby is more likely to have a low birth weight or other problems with their lungs. Children who breathe secondhand smoke have a higher risk of ear and lung infections and Sudden Infant Death Syndrome (SIDS).



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MEDICATION

YOUR QUIT JOURNEY STARTS TODAY.



WHICH QUIT-SMOKING MEDICATION IS BEST FOR YOU?

Quit medications can help reduce your cravings. This guide will help you pick the medication that is right for you. Always check with your healthcare provider about possible side effects of the medications.

Food and Drug Administration (FDA)-approved Over-the-counter Tobacco Quit Medications

Nicotine Patches: Patches allow nicotine to be absorbed through your skin. You place the patch on your arm or back and leave on for 16 to 24 hours, depending on the brand. Patches deliver a low and even amount of nicotine. They come in three strengths, based on your level of nicotine addiction.

Nicotine Gum: Gum allows nicotine to absorb into your body through the lining of your mouth. You chew the gum slowly and stop chewing when you get a peppery taste or a tingling in your mouth. Then you “park” the gum by moving it between your cheek and gums. The gum comes in two strengths. Nicotine gum isn’t suggested for people with dental issues or Temporomandibular joint (TMJ) syndrome.



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Nicotine Lozenges: Lozenges also allow nicotine to be absorbed into your body through the lining of your mouth. They look like cough drops or mints and come in two strengths. When you feel the urge to smoke, you “park” a lozenge between your cheek and gums until it dissolves. You should not bite or chew on the lozenge. You can use up to 20 lozenges a day. Lozenges deliver 25% more nicotine than nicotine gum.

FDA-approved Prescription-only Medications:

Nicotine Inhaler: A nicotine inhaler looks like a plastic cigarette. You put a nicotine-filled cartridge into the inhaler and breathe in through the mouthpiece. The inhaler is helpful for people who like to hold something in their hands while trying to quit.

Nicotine Nasal Spray: Nicotine nasal spray is absorbed through the lining in your nose. You gently spray it once in each nostril when you get the urge to smoke. This offers the fastest delivery of nicotine currently available. You can repeat the process up to four times an hour. Your doctor can help you adjust the dosage, if needed.

Zyban (bupropion): Zyban is available in a once-daily pill. This medication helps people quit by changing the chemistry of the brain. Zyban can reduce your cravings and help with mood swings, depression, anxiety, and crankiness caused by withdrawal. Zyban works best when used with the nicotine patches, gum, or lozenges.

Chantix (varenicline): Chantix is a pill which works by blocking nicotine from attaching to brain receptors. When you start taking Chantix, you don’t have to quit right away. Chantix makes you want to smoke less and withdrawal from nicotine becomes easier. Chantix works well for smokers who are highly dependent on tobacco.

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SMOKING AND PETS

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Dogs and Cats:

Tobacco smoke can worsen symptoms for dogs and cats that already have breathing problems. Dogs with long noses are more likely to get nose cancer and dogs with shorter noses are more likely to get lung cancer, if their owners smoke around them. Cats breathe in secondhand smoke directly, just like dogs. When cats groom themselves, though, they also ingest thirdhand smoke particles that fall onto their fur, and are more likely to get mouth cancer.



Small Mammals and Fish?

Hamsters and guinea pigs experience lung issues when exposed to smoke. Guinea pigs exposed to smoke have trouble metabolizing their food (their bodies are not able to use the nutrients in their food). This can cause them to be underweight. Additionally, nicotine dissolves in water and can poison fish in their tanks. A single cigarette butt dropped into a tank of minnows can kill half the fish in the tank.



Birds:

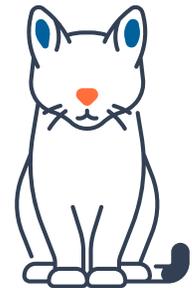
Birds are sensitive to pollution in the air. Just like children who live with smokers, birds have more infections and illnesses, if they are exposed to cigarette smoke. Birds also ingest smoke particles, when they preen their feathers or their owner's hair. Birds can also absorb harmful smoke residue through their feet, when they perch on their owner's clothes or hands.



Can nicotine poison my pets?

Yes. Pets can eat tobacco or ingest nicotine fluid from an e-cigarette. Even small amounts of nicotine can kill a pet. If you are using quit medication, make sure that you keep the medication in a safe place away from your pets. If your pet ingests nicotine, take it to an emergency veterinarian right away. Animals need help to get nicotine out of their systems. Signs of nicotine poisoning are:

- Vomiting
- Drooling
- Lethargy
- Shaking
- Fast heart rate
- Seizures



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HOW TO HELP PEOPLE QUIT

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Why is tobacco so hard to quit?

All tobacco products and most e-cigarettes or vapes contain nicotine. Nicotine is very addictive. When smokers try to quit they are trying to stop an addiction. Smoking isn't just a bad habit. Most smokers will try to quit many times before they are successful in quitting for good. People can't be forced to quit. Making someone feel bad about smoking or nagging them to quit is almost never helpful.



Things you can do to support someone who is quitting:

- Don't judge them. Let them know you care about their health.
- Ask if you can help. Tell them you are always ready to give support.
- Do healthy activities with them. You can walk or play games with them to take their mind off smoking.
- Don't become upset by sudden mood changes. Smokers can be cranky when they're trying to quit.
- Celebrate every quit attempt. Remember each one brings them closer to quitting for good.
- If they start smoking again, tell them that it's normal, and they can keep trying to quit as many times as it takes.

More ways to help someone who is quitting:

- Tell them about Quit Now Virginia resources that they can access by phone or online, like free coaching and online group classes. These can help increase a smoker's chance of quitting for good.
- Tell them that they may be eligible for free quit medicine (nicotine gum or patches) from Quit Now Virginia. Medications can help by reducing cravings and withdrawal symptoms.
- Encourage them to contact their insurance company to ask about their quit smoking benefits.
- Let them know that doctors and pharmacists can help advise them on which medications will make it easier to quit.



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HIV AND SMOKING

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What is HIV and how does it affect my life span?

HIV is the virus that can lead to AIDS. HIV harms the body's cells that fight infections. It is spread mostly by having unprotected sex or sharing needles with someone who has HIV. People who live with HIV or AIDS can expect to enjoy nearly-normal life spans, if they quit smoking and follow their treatment plans.

How many people who live with HIV are smokers?

Compared to those who don't have HIV, about two to three times as many people who do have HIV are smokers. Many people living with HIV say that smoking helps them to cope with the stress and stigma of the disease. They may be less likely to ask for advice about quitting, if they believe that providers are blaming or judging them.



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If I am living with HIV, how does smoking affect me?

Smokers living with HIV shorten their lives by an average of 12 years. Smoking damages the cells which control HIV and fight infections such as pneumonia. HIV causes chronic inflammation in the body and smoking can make that inflammation worse. People with HIV who smoke are more likely than people with HIV who do not smoke to develop:

- Cancers of the lung, head, and neck as well as anal and cervical cancers
- COPD
- Pneumocystis pneumonia
- Heart disease and stroke
- Illnesses that lead to AIDS
- Resistance to treatments that help to manage HIV and AIDS

How will quitting smoking improve my health, if I am living with HIV?

Two-thirds of people living with HIV want to quit smoking. When you quit smoking, you can reduce your HIV-related symptoms and decrease the odds of getting smoking-related diseases.

When women living with HIV quit smoking, they are less likely to be infertile or have low birth weight babies.

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