

# HIV + SMOKERS

Understanding how smoking interacts with HIV can help you make decisions to take the best possible care of your health.



People living with HIV (PLWH) who smoke are **MORE LIKELY TO PROGRESS TO AIDS DIAGNOSIS** and are less responsive to antiretroviral treatment (ART)<sup>1</sup>

Over **40%** of PLWH



smoke in the U.S., over **DOUBLE** the rate of the general population<sup>2</sup>



Smoking **ABSTINENCE SUBSTANTIALLY REDUCES** HIV symptoms<sup>3</sup>



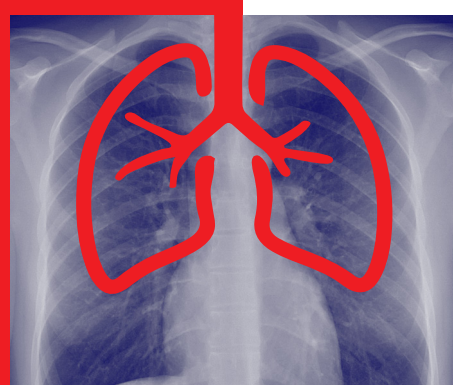
Why is smoking so especially harmful among people with HIV? One reason is that **both the virus—even when well treated—and smoking lead to harmful chronic inflammation.**<sup>4</sup>

## RISK FACTORS

# 6-13X

PLWH on ART who continued to smoke were **SIX TO 13 TIMES MORE LIKELY TO DIE** from lung cancer than from HIV-related causes<sup>5</sup>

Approximately **1 IN 10** of all PLWH in the U.S. are expected to die from lung cancer if smoking habits do not change<sup>6</sup>



**HIV and smoking have a synergistic harm on people:** “People with well-treated HIV perhaps double their risk of death by smoking.”<sup>7</sup>

## QUITTING



PLWH who quit smoking had a **40% LOWER RISK OF DEATH** compared with current smokers<sup>10</sup>



**60-70%** of HIV-positive smokers **WANT TO QUIT**<sup>8</sup>



**50-75%** of HIV-positive smokers **HAVE TRIED TO QUIT**<sup>9</sup>



Aside from taking antiretrovirals, **quitting smoking is the number one way people with HIV can lower their risk of illness and death.**<sup>11</sup>

## HOW TO QUIT?

You can maximize your odds by:

- Calling the quitline, 1-800-QUITNOW
- Taking Nicotine Replacement Therapy (NRT)
- Talking to your healthcare provider about medicine that can help

E-cigarettes are not a proven cessation aid.

<sup>1</sup> David M. Ledgerwood PhD, Russell Yskes MD 2016

<sup>2</sup> Reddy 2017

<sup>3</sup> David M. Ledgerwood PhD, Russell Yskes MD 2016

<sup>4</sup> <https://www.poz.com/article/attention-hivpositive-smokers-article-save-life>

<sup>5</sup> Reddy 2017

<sup>6</sup> Reddy 2017

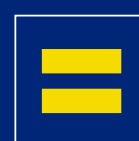
<sup>7</sup> <https://www.poz.com/article/attention-hivpositive-smokers-article-save-life>

<sup>8</sup> How to address smoking cessation in HIV patients

<sup>9</sup> How to address smoking cessation in HIV patients

<sup>10</sup> Helleberg M, Afzal S, Kronborg G, Larsen CS, Pedersen G, Pedersen C, Gerstoft J, Nordestgaard BG, Obel N. Mortality attributable to smoking among HIV-1-infected individuals: a nationwide, population-based cohort study. Clin Infect Dis. 2013;56:727–34.

<sup>11</sup> <https://www.poz.com/article/attention-hivpositive-smokers-article-save-life>



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