People living with HIV are living longer and healthier lives than ever before. In fact, life expectancy is now 78 years—similar to the U.S. national average. Access to affordable healthcare and more effective antiretroviral therapy treatment have led to these improvements. However, tobacco use can cause real harm to the health and well-being of people living with HIV. Using tobacco while living with HIV can weaken the immune system and increase many health related risks. People living with HIV who use tobacco on antiretroviral therapy had mortality rates 6 to 13 times higher from lung cancer than from AIDS-related causes.

Quitting tobacco before the age of 40 reduces smoking-related deaths by 90% and quitting at any age can give back 10 years of your life.
WHY QUIT SMOKING?

People living with HIV reduce the risk for many serious illnesses and diseases including:

- Cancers affecting your lung, head, neck, cervix, anus, and other areas of your body
- Bacterial pneumonia and pneumocystis pneumonia, a dangerous lung infection
- Heart disease and stroke
- Chronic obstructive pulmonary disease (COPD)
- Mouth infections including hairy leukoplakia (white mouth sores) and thrush
- Other life-threatening illnesses that can lead to an AIDS diagnosis

It is never too late to quit smoking and start your journey to a healthier life. There are immediate benefits from quitting smoking after only a few hours: blood pressure, heart pulse, and body temperature all normalize. Tastes, smells, and breathing improve. Take control of your health and talk with your healthcare provider about programs and products that can help you quit smoking.

Use free online resources to help you make that first step towards your future:

- nobutts.org
- betobaccofree.hhs.gov
- cdc.gov/tobacco/campaign/tips
- thisfreelife.betobaccofree.hhs.gov


