

# HIV/AIDS and Smoking

## What is HIV?<sup>1</sup>

HIV is the human immunodeficiency virus. It attacks the immune system.

- Over time, the body can't fight illness anymore.
- If that happens, HIV can lead to AIDS, the final stage of HIV.
- Adults with HIV/AIDS smoke at higher rates than adults who do not have it.

## Signs of HIV<sup>1</sup>

- Weight loss
- Fever
- Night sweats
- Feeling tired
- Diarrhea
- Mouth sores
- Swollen glands in armpits, groin, or neck
- Memory loss
- Low mood



## Why Quit Smoking<sup>1</sup>

If you have HIV/AIDS and quit smoking, you are less likely to have:

- Thrush - a mouth fungus
- Hairy leukoplakia - white mouth sores
- Lung infections, like pneumonia, bronchitis, and tuberculosis
- Heart disease and stroke
- Lung, head and neck, cervical, and anal cancers

## Other reasons to quit:<sup>2,3,4</sup>

- More vitamins C, D, and E in the body that help fight illness
- Less side effects from HIV drugs
- Fewer HIV symptoms
- HIV drugs work better to keep virus under control
- Better blood flow and oxygen in body, which makes it hard for HIV to get worse

**Call to Get FREE help to quit smoking today!**  
**English: 1-800-QUIT-NOW (1-800-784-8669)**

1. Aids.gov (2018). Smoking.
2. U.S. Department of Veterans Affairs (2018). HIV/AIDS.
3. The Body (2015). Smoking, Tobacco Use and HIV.
4. NormalBreathing.com (2018). HIV/AIDS Cause: Heavy Breathing and Low Body Oxygen.