

Tobacco use increases feelings of anxiety and depression

Tobacco and Your Immune System

When you smoke or vape, your immune system works less effectively against disease and infection. But when you quit, your immune system starts to rebound.

If you use tobacco and have HIV/AIDS you are more vulnerable to:

- Bacterial infection
- Lung, head and neck, cervical, and anal cancers
- Cardiovascular disease
- Inflammation
- Lung infections
- Autoimmune conditions (rheumatoid arthritis, lupus and Graves' hyperthyroidism)



Feeling Supported While Quitting

- > Quitting tobacco can feel like more than you can handle, so it's important to get support while you're quitting.
- > QuitlineNC is a free resource providing nicotine replacement and counseling to help you quit for good.
- > QuitlineNC is safe and affirming.
- > Counselors will not judge you based on sexual orientation, gender identity or your HIV/AIDS status.



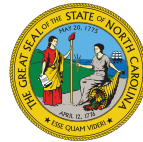
Text: "Ready" to 34191

Enroll Online: www.quitlinenc.com

QuitlineNC:
1-800-QUIT-NOW (1-800-784-8669)

QuitlineNC Español:
1-855-Déjelo-Ya (1-855-335-3569)

NC American Indian Quitline:
888-7AI-QUIT (888-724-7848)



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

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Living Healthier with HIV/AIDS

Quitting tobacco helps
you have better health
and live longer.



Tobacco use reduces the effectiveness of HIV treatments

People who live with HIV/AIDS, use Antiretroviral Therapy (ART), and smoke live an average of 12 years less than HIV+ non-smokers.

Smokers living with HIV/AIDS are more likely to suffer complications from HIV/AIDS medication

Smoking increases the risk of some long-term side effects of HIV/AIDS disease and treatment, like osteoporosis, weak bones that can lead to fractures, and the risk of a heart attack or a stroke.

Using tobacco decreases your body's ability to fight off infections:

- Pneumocystis pneumonia (PCP)
- Bacterial pneumonia
- Thrush
- Oral hairy leukoplakia - whitish mouth sores
- Mycobacterium avium complex (MAC)

Smoking when you have HIV/AIDS also makes you more likely to get other serious illnesses that can make you too sick to work (disabled) or may result in an early death.

They include:

- COPD (chronic obstructive pulmonary disease, a serious lung disease that causes severe breathing problems and includes emphysema and chronic bronchitis)
- Heart disease and stroke
- Lung cancer, head and neck cancer, cervical cancer, and anal cancer

Is vaping better?

Vaping still puts you at risk. E-cigarettes came into the US market in 2007 so we're still learning the long-term health impacts.

But here's what we know:

E-cigarette use increase chances of permanent lung injury.

Here's what you breathe in a vape

- Heavy metals like chromium, nickel, lead, tin and aluminum;
- Benzene - car exhaust
- Harmful chemicals like formaldehyde - once used to preserve corpses, acrolein, and acetaldehyde, which are known to cause irreversible lung damage - that can be inhaled deeply into the lungs;
- Flavorings often contain chemicals like diacetyl, a chemical linked to serious lung disease.



Medications that help you quit

Products like nicotine patches, gum, and lozenges are safe for people living with HIV/AIDS. So is **Varenicline**. These products do not interact with ART.

Bupropion may not be right if you are taking high-dose protease inhibitors.

Talk with your health care provider about which medication is best for you.



For More Information
www.quitlinenc.com