

**HIV+ smokers  
lose more years  
of life from smoking  
than from HIV!**



# WE QUIT!

Between 60-70 percent of people living with HIV smoke cigarettes.

Quitting is one of the biggest steps you can take to stay healthy.



People living with HIV/ AIDS who smoke tobacco now lose more years of life to smoking than to the virus. Smoking when you have HIV makes you more likely to get other serious illnesses, including respiratory illnesses.



A male doctor with a beard and short hair, wearing a white lab coat and a stethoscope, is holding a tablet computer. He is looking towards a female patient whose back is to the camera. The patient has long, straight, reddish-brown hair and is wearing a white short-sleeved shirt. The background is a blurred clinical setting.

## TALKING TO YOUR HEALTHCARE PROVIDER

To keep your immune system strong and healthy while living with HIV, it is important to learn about all the different ways smoking can affect your body which can be avoided by quitting smoking.

# HERE ARE SOME OF THE POSITIVE IMPACTS QUITTING

Your pulse rate, and the temperature of your hands and feet have returned to normal.

**20 MINUTES**



1

You can smell and taste things better, and nerve endings begin to regenerate.

**48 HOURS**



3

Blood circulation has increased in gums and teeth, cravings are subsiding.

**10 DAYS - 2 WEEKS**



5

Oxygen levels increase to normal, carbon monoxide in your blood drops to normal.

**8 HOURS**



2

Breathing becomes easier, and your lung's functional abilities increase.

**72 HOURS**



4

# SMOKING CAN HAVE ON IMPROVING YOUR HEALTH.

Fatigue and shortness of breath has decreased.

**1-9 MONTHS**

Risk of smoking related cancers (lung, throat, mouth) decreases up to 50%.

**10 YEARS**



**3 WEEKS - 3 MONTHS**

Walking is easier, if you had a chronic cough it has likely disappeared.

**1 YEAR**

Risk of heart disease, heart attack, and stroke has dropped to less than half of a smoker.

**15 YEARS**

Risk of heart disease and smoking related death is that of someone who has never smoked.

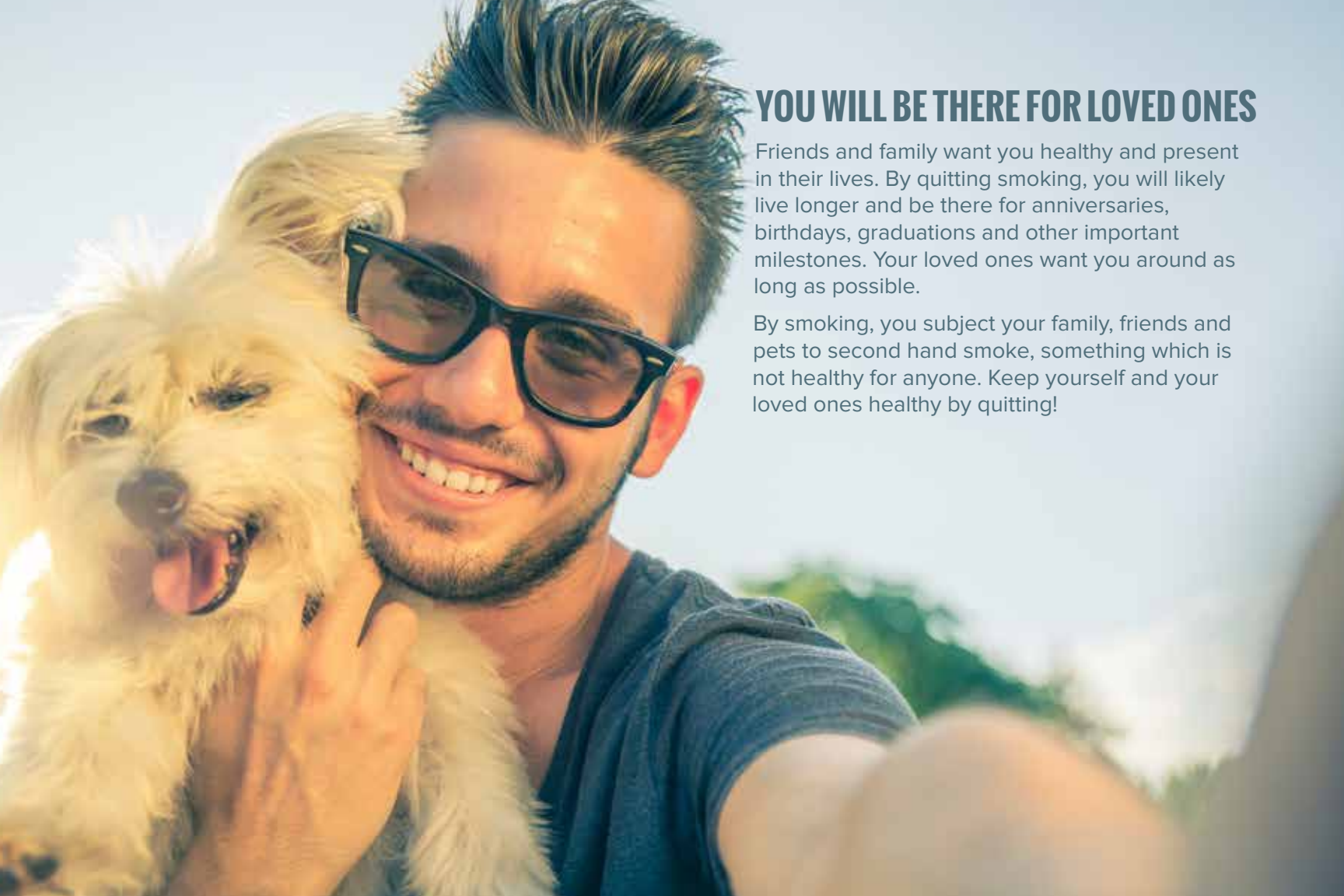


## **YOU WILL SAVE MONEY**

New York State has the highest average cost for a pack of cigarettes, costing an average of \$12.85 a pack. Every year on average, smokers spend \$4,690 on cigarettes. Over 5 years, that's almost \$25,000! Use the attached link to calculate your own costs:

[www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Financial-Cost-of-Smoking-Calculator\\_UCM\\_304171\\_Article.jsp#.WKXvb1MrJph](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Financial-Cost-of-Smoking-Calculator_UCM_304171_Article.jsp#.WKXvb1MrJph)





## **YOU WILL BE THERE FOR LOVED ONES**

Friends and family want you healthy and present in their lives. By quitting smoking, you will likely live longer and be there for anniversaries, birthdays, graduations and other important milestones. Your loved ones want you around as long as possible.

By smoking, you subject your family, friends and pets to second hand smoke, something which is not healthy for anyone. Keep yourself and your loved ones healthy by quitting!

## SMOKING AND STRESS

Being HIV-positive can cause stress, anxiety, and depression. You may find that smoking helps you to relax and take your mind off of these things. However, it is important to understand that smoking can negatively impact your health, even though it may help you relax temporary. There are other ways to deal with stress that does not include smoking. Here are some ideas for healthy stress relief:

- Exercising
- Relax by listening to music or cooking a nice meal
- Start a new hobby (writing, crafting, sports)



## STRATEGIES FOR QUITTING

Smoking is an addiction and quitting may be very hard and must be treated like any other addiction. It takes most people several tries to quit, but free resources are available to help. People with HIV may need extra help to quit because they take medications and have special health care needs. Your doctor or other healthcare provider may give you advice and support to quit. **The New York State Quitline is a free resource that can be reached at 1-866-697-8487, and can connect you to counselors in your area, including those who speak Spanish.**

Your doctor can help you select a strategy that works best for you. Some smokers can quit by going “cold turkey.” Others use Nicotine replacement therapy, medication, or counseling to help them quit.



## QUITTING COLD TURKEY

Quitting cold turkey means quitting with no medication or nicotine. It can be difficult as one day you simply stop smoking all together. Many people have better success at sticking with it if they use nicotine replacement, medication, or counseling instead.

**Visit the Tobacco Control Program: [health.ny.gov/prevention/tobacco\\_control/program\\_components.htm](https://health.ny.gov/prevention/tobacco_control/program_components.htm)**



## MEDICATIONS TO HELP YOU QUIT

There are medications (pills) that can help you quit smoking. You need a doctor's prescription for these types of medicines, which come with black box warnings on them. This means that the FDA has determined that there is a serious or life-threatening risk associated with taking the medication. There is a chance that taking these drugs could result in suicidal thoughts, depression, hostility, or other changes in behavior.

Quit Smoking



There are nicotine-free pills that are used to treat anxiety and depression. It can help lower your cravings for cigarettes and relieve the anxiety and restlessness you feel when you try to quit. Other types of pills reduce your cravings for cigarettes and relieves the withdrawal symptoms you feel when you try to quit.

There is also nicotine replacement therapy, which are things like patches, gum, lozenges, inhalers and nasal spray. These release a small amount of nicotine and helps reduce cravings and urges.

Quitting is different for everyone, but you can try different tools until you find what works best for you.



# MEDICAID AND ADAP PAY FOR PRODUCTS TO HELP YOU QUIT SMOKING

## **MEDICAID ELIGIBLE RECIPIENTS, INCLUDING PREGNANT WOMEN, CAN RECEIVE THE FOLLOWING:**

- Medicaid will pay for Zyban, Chantix, and all nicotine replacement products (except lozenges).
- Medicaid will pay for one “course” of stop smoking treatment, twice a year. It covers the prescription plus two refills.
- Eight face to face counseling session during any 12 continuous months (group or individual).

## **ADAP**

- ADAP (AIDS Drug Assistance Program) pays for Chantix, nicotine nasal spray and nicotine inhalers.
- You need a prescription for all products, even for over-the-counter nicotine replacement. Talk with your doctor or pharmacist to decide which treatment is right for you.

## **TOBACCO CONTROL PROGRAM**

- [http://www.health.ny.gov/prevention/tobacco\\_control/](http://www.health.ny.gov/prevention/tobacco_control/)

Talk to your health care provider about quitting and medications that might be right for you. For additional help, call the New York State Smokers' Quitline for free help in English and Spanish at 1-866-NYQUITS (1-866-697-8487) or visit <http://www.nysmokefree.com>



# RESOURCES

## STATE:

Campaign Toolkit: <http://www.hivtobaccofreeny.org/toolkit-resources/>  
NY Smoke Free: <http://www.nysmokefree.com>, [www.nysmokefree.com](http://www.nysmokefree.com)  
NYS Smokers' Quitline: (1-866-697-8487)

## CITY:

NYCDOHMH: <https://www1.nyc.gov/site/doh/health/health-topics/smoking.page>  
NYC Quits: <https://www1.nyc.gov/site/doh/health/health-topics/smoking-nyc-quits.page>

## FEDERAL:

AIDS.gov conversations on smoking & HIV: <https://blog.aids.gov/2013/11/new-video-and-other-resources-on-the-importance-of-quitting-smoking-for-people-living-with-hiv.html>  
My Smoking Cessation Workbook (VA): [https://www.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=2827CDC](https://www.va.gov/vhapublications/ViewPublication.asp?pub_ID=2827CDC)  
Tips from a Former Smoker: Brian's story: <http://www.cdc.gov/tobacco/campaign/tips/stories/brian.html>  
Free QuitGuide Mobile App: [Smokefree.gov](http://Smokefree.gov)  
Catmageddon: <https://www.thetruth.com/articles/videos/catmageddon>  
CAREAssist Program/ Oregon Public Health Division:  
Mauric's quit story: <https://www.youtube.com/watch?v=m6mmMK8OrbY>  
Terry's quit story: <https://www.youtube.com/watch?v=3ZjmzTG3Up0>

I Quit





Department  
of Health