

Tobacco and HIV

The HIV (human immunodeficiency virus) is a virus that causes AIDS (acquired immune deficiency syndrome), a condition in which the immune system begins to fail and has difficulty fighting off certain infections.¹

Tobacco Use

- Smoking weakens the immune system, making it harder to fight off HIV-related infections.²
- Smoking increases the risk of three types of mouth infections common in HIV-positive people:²
 - Oral warts
 - Thrush - a fungal infection that can make eating and swallowing difficult
 - Hairy leukoplakia - a viral infection that causes white sores on the tongue
- As tobacco is a major cause of heart disease, and because medications to treat HIV increase blood cholesterol levels, the combination of smoking and HIV is dangerous to the heart and circulatory system.³
- The bacteria that causes Mycobacterium avium complex (MAC), a life-threatening infection affecting as many as 40% of people with HIV, was recovered from the tobacco, cigarette paper and filters of four major brands of cigarettes.² This puts HIV-positive smokers at an increased risk of getting MAC.

Smokers vs Nonsmokers

- Among people who carry HIV, those who smoke have poorer health than those who do not smoke.⁴
- People with HIV who smoke are more likely to suffer complications such as nausea and vomiting from HIV medications than those who don't.²
- HIV-positive smokers are more likely to develop bacterial pneumonia and develop it more quickly than nonsmokers.³

For More Information:



Utah HIV Prevention Program
801-538-6096
www.aidsinfoutah.net



Utah Tobacco Prevention
and Control Program
1-877-220-3466
www.tobaccofreeutah.org

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

The Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained Quit Coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call:

English: 1.888.567.TRUTH

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.877.777.6534

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information visit www.utahquitnet.com.

The TRUTH™

¹ AIDS.org. “What is AIDS? What Causes AIDS?” 2007. 28 August 2007. <<http://www.aids.org/info/what-causes-aids.html>>

² The AIDS InfoNet. “Smoking and HIV.” New Mexico AIDS Education and Training Center. 28 August 2007
<http://www.aidsinonet.org/factsheet_detail.php?fsnumber=803>

³ DHIVERSE. “Smoking.” Factsheet 90. July 2004. 28 August 2007. <<http://www.dhiverse.org.uk/pdf/smoking.pdf>>

⁴ The Scoop On Smoking. “Human Immunodeficiency Virus.” The American Council on Science and Health. 28 August 2007.
<<http://thescooponsmoking.org/xhtml/effects/hiv.php#top>>