

INGLÉS

## TOBACCO AND HIV

## Smoking is the main avoidable cause of illness and death worldwide

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The percentage of smokers among people with HIV is twice that of the general population .

Tobacco is more harmful to people with HIV than to those who are uninfected .

People with HIV run a greater risk of suffering from certain illnesses:







CEREBRAL INFARCTION AND HEAD AND NECK CANCER
ORAL INFECTIONS
RESPIRATORY PROBLEMS
RESPIRATORY PROBLEMS
LUNG CANCER
CARDIOVASCULAR DISEASES
CERVICAL CANCER
ANAL CANCER

There are many strategies to help you stop smoking. Many hospitals that care for people with HIV can offer you help.

When you stop smoking, improvements in physical capacity quickly become apparent and, over time, the risk of suffering serious illnesses or death also decreases.