

Don't let your life go up in smoke



People with HIV who smoke may now lose more years of life from smoking than from HIV.

A recent study* found that a smoker with HIV is much more likely to die of a smoking-related disease than from HIV itself, if they consistently take HIV medicines.

Think about it. All that careful effort taking your HIV meds at the right time, every day, for the rest of your life. Then sparking up. Good news about HIV... bad news about smoking.

To start quitting, contact your local Kick-It quit smoking team if you live in Westminster, Kensington & Chelsea, Hammersmith & Fulham or Kingston

020 3434 2500

hello@kick-it.org.uk

www.kick-it.org.uk/

(use the code: Scotland as part of your referral)

Or email one of our support workers and we can help you contact the right people:

guillermo@riverhouseuk.org

chris@caralife.com



Cara & River House
working together for
a better life with HIV.

