

**Concerned  
about HIV  
and ageing?**

**The first thing  
to do is quit  
smoking.**



Smoking rates are far higher in people with HIV – so that increases our risks for strokes, heart-attacks, cancers and shortened life-expectancy.

You've probably got control over your HIV, through taking daily medication. You can get control over smoking as well.

Quitting cigarettes can be hard but there's a lot of help and support.

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.



River House charity no: 1059696



Cara charity no: 328124