

# HEART ATTACK

# HIV

**HIV positive smokers are more likely to suffer heart attacks and strokes than HIV negative smokers.**

Having HIV increases your risk of heart attacks and strokes. So does smoking. Stopping smoking is the most effective action that HIV positive men can take to reduce this risk.

For more information visit [www.gmfa.org.uk/hivsmoking](http://www.gmfa.org.uk/hivsmoking)

GMFA runs free smoking cessation courses specifically for gay men which, along with nicotine treatment, have proven to be more effective in helping you stop smoking than any other smoking cessation method. To book a place, go to [www.gmfa.org.uk/stopsmoking](http://www.gmfa.org.uk/stopsmoking) Other help can be found through the NHS Smoke Free initiative at [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)

GMFA projects are developed by positive and negative volunteers. To volunteer or donate call 020 7738 6872 or go to [www.gmfa.org.uk](http://www.gmfa.org.uk). Charity number 1076854.



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