**HIV Ireland News and Events**

**HIV and Your Health: Smoking and HIV**

To mark the World Health Organisation (WHO) 'World No Tobacco Day 2019', HIV Ireland and Positive Now are hosting an information session about HIV and Smoking, encouraging people living with HIV to get informed and educated about the health risks associated with smoking.

HIV positive people are more likely to be smokers and the smoking prevalence among people living with HIV in Ireland is significantly higher than that of the general population.Cigarette smoking is one of the most harmful health concerns facing people with HIV today. There have been several studies worldwide about the impact of smoking on people living with HIV.

Better treatment options have changed the long-term outlook for people with HIV. It’s important that people living with HIV get informed and educated about other health risks that can be magnified because of HIV, even if the virus itself is under control with medication.

**The event will take place at HIV Ireland on the evening of Thursday 30th May** with a panel of speakers talking about the health effects of smoking for people living with HIV, what supports are available for those who are thinking about quitting smoking, the benefits of quitting, and a personal story from someone who has quit. The event will be free of charge. **Registration is essential** as places are limited. Hot finger food and refreshments will be served.

Email susan.donlon@hivireland.ie if you are interested in attending this event.