



# Concerns: HIV-Positive Smokers Lose More Years

March 21, 2013 By [Benjamin Ryan](#)

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The apparent dangers of smoking are now even more stark for people with HIV. A new study has found that HIV-positive smokers with a well-controlled virus lose far more years off their life expectancy to cigarettes than to HIV. Publishing their findings in *Clinical Infectious Diseases*, researchers in Copenhagen followed nearly 3,000 Danes (excluding injection drug users) in stable HIV care and more than 10,000 HIV-negative people as a control group over a 15-year period in order to estimate the health impact of smoking. HIV-positive smokers were five times more likely to die from non-AIDS related deaths than non-smoking people with HIV, notably cardiovascular disease and cancer, with more than 60 percent of the deaths in the HIV study group linked to smoking. HIV-positive non-smokers lost five years of life compared with their HIV-negative counterparts. Meanwhile, people with HIV who smoked lost more than 12 years of life compared with those without HIV who never smoked.

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