Smokin’!

You knew cigarettes were bad for your health. Did you know they also muck up your sex life?

October 1, 2005 By Laura Whitehorn

Seattle HIVer Eric Bray was aware that smoking and HIV are a combustible mix: Cigarettes speed the development of many cancers and infections. Yet Bray couldn’t quit. Once, after stopping, “I broke down and went to buy a pack,” he says. “At the store, I saw a man in a wheelchair with an oxygen tank—buying cigs. ‘It’s a message from God,’ I thought. That was six years ago—I haven’t smoked since.”

Should he be tempted,here’s an antidote: A study found that some 120,000 British men are impotent from puffing and that smoking makes a gent 50% likelier to develop erectile dysfunction when he hits middle age.

Also to consider: Smoking makes you three times as likely to get wrinkles. Shriveled, stinky, can’t get it up—sounds sexy! A British government-funded campaign encourages quitting with eye-popping images like the one above.

Your doc can help, too—with support groups, nicotine patches and scripts. Or call the American Cancer Society (800.ACS.2345) for aid in waiting to exhale.

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