



# Smoke Gets In Your Fur

June 1, 2009 By Laura Whitehorn

---

We don't need more studies to prove that smoking is bad for our health, but if you need a scare to help you quit, here's one: Positive people increase their risk of death from heart disease or non-AIDS cancer by 60 percent by smoking. And recent evidence shows that with traditional methods to stop smoking, many positive people have trouble quitting. Maybe it's time to turn to the animal world: A survey in the journal *Tobacco Control* found that smokers would be more likely to stop if they knew that secondhand smoke harms their pets. If you won't do it for yourself, do it for your critter.

---

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/smoking-HIV-pets-16610-3879>