

# Tobacco use and kidney disease

Smoking can harm nearly every organ in your body—including your kidneys. When you have kidney disease, it is important to take control of your health by being informed about the harmful effects of tobacco use. While it can be very difficult to quit smoking, it's a decision that can reduce major health risks and benefit your kidneys.

## How smoking harms your kidneys

According to the World Health Organization, smokers have a higher risk for multiple cancers and conditions—including kidney disease. Smoking slows blood flow to the kidneys and other organs and can alter medications you may be taking to treat high blood pressure—a leading cause of kidney disease.

### 10 tips to quit smoking

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| <b>1</b> Remove all cigarettes and related items from your living and work areas.  | <b>6</b> Take deep breaths when you feel the urge or need for a cigarette.              |
| <b>2</b> Stay in nonsmoking areas.   | <b>7</b> Be active and keep yourself busy.  |
| <b>3</b> Talk to your doctor about over-the-counter nicotine replacement products. | <b>8</b> Ask your family, friends and support network for help or join a support group. |
| <b>4</b> Make a plan to overcome your cravings.                                    | <b>9</b> Reward yourself along the way as you make progress.                            |
| <b>5</b> Keep motivated by reminding yourself of your reasons for quitting.        | <b>10</b> Try until you successfully quit.  |



#### MAKING THE DECISION TO QUIT TODAY

Call **1-800-QUIT-NOW** (1-800-784-8669) if you want help quitting through a free telephone support service. To learn more about tobacco use and kidney disease, visit [cdc.gov/cancer/tobacco](https://www.cdc.gov/cancer/tobacco).