

Thinking about Transition and Smoking?

Ever thought about cutting down or quitting?

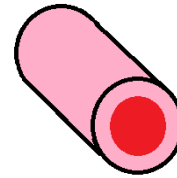
Get the Most Out of Your Surgery and Hormone Therapy!

Continuing to smoke or using nicotine products (like other tobacco, or e-cigarettes) can delay surgery, complicate the anesthesia, increase chances of scarring, and harm chances of success.

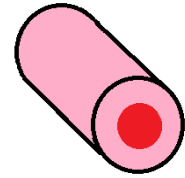
- Smoking narrows blood vessels, and cuts the amount of blood and oxygen reaching the surgical areas, which is needed for proper healing.
- This increases chances of infection, and skin tissue death,

“My doctor asked me to quit for my surgery. I didn’t know that smoking interfered with the healing.”

– Transgender man



Normal blood vessel



Narrowed blood vessel

- Smoking while on estrogen therapy increases the risk of blood clots that can lead to a stroke, or a heart attack.

“My goal is to quit smoking. My doctor told me smoking while taking hormone replacement increases my chances of a heart attack.” – Transgender woman



1 in 3 Transgender Persons Smoke. but...



Many healthcare providers are *not* aware of the challenges and needs of the transgender community in general, as well as when it comes to smoking.

Find the Provider You Trust – Talk to Them about Smoking

Providers who know the transgender community can successfully support your healthy behaviors such as changing smoking habits. Find the right provider for you at:



[Transgender Health Services](#)



[Lyon Martin Health Services](#)



[El/La Para Translatinas](#)



[Sí A LA VIDA: Chicas Trans](#)



[Tom Waddell Urban Health Center](#)

[Castro-Mission Health Center](#)