



Can smoking cause erectile dysfunction?

Yes—men who smoke are at higher risk for erectile dysfunction (ED).

Men with ED have difficulty getting and keeping an erection—a situation that affects your sex life and your ability to start a family.

What types of cancer are associated with smoking and urologic health?

Research has shown that if you smoke cigarettes you'll increase your risk of getting:

- Bladder cancer
- Kidney cancer

In addition, men with prostate cancer who smoke are at higher risk of death due to the disease when compared to men with prostate cancer who don't smoke. Men who smoke are also more likely to have their prostate cancer diagnosed at a more advanced stage of disease.

How will my urologic health and sex life benefit if I quit smoking?

- You'll be less likely to experience ED
- You'll decrease your chance of getting bladder or kidney cancer
- If you have prostate cancer and quit smoking, your health prognosis improves
- You'll improve your fertility and chance of starting a family

You'll also improve the health of people around you because you'll no longer expose them to secondhand smoke.

I want to quit using tobacco—how do I get started?

- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday, available in English & Spanish
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (or **VETesp** to **47848** for Spanish) or visit smokefree.gov/VET
- Talk to your VA primary care provider or urologist about tobacco cessation medications and counseling that can help you quit
- Visit publichealth.va.gov/smoking