

How does use of opioids and tobacco affect women over 50?

Did you know?

Older women have the highest rates of long-term opioid use compared with any other group.

- Opioid-related hospital stays for women increase with age.
- Opioid misuse among women ≥ 65 years old is higher when compared with men of the same age.

Women over 50 years old with opioid use disorder who smoke also experience:

- Many chronic pain conditions
- High pain severity
- Falls, constipation, breathing problems, accidental overdose and side-effects from using multiple medications





Treating tobacco and opioid use disorders together supports successful opioid recovery.

- Quitting smoking is linked to extended recovery from opioid misuse.
- Quitting smoking reduces stress and anxiety and promotes physical wellness, which promotes opioid use recovery.

Get help to quit tobacco today. The best way to quit is by using medication and counseling.

How to get help:

- Call 1-800-784-8669 (QUIT-NOW) for your state's tobacco Quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [Women.SmokeFree.Gov](https://www.women.smokefree.gov) for more resources for women.

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