

Facts About CIGARS

Cigar smoke has the same poisons and cancer causing substances found in cigarette smoke.

- Once cigar has as much nicotine as almost three packs of cigarettes and contains higher levels of chemicals that cause cancer and other diseases.
- Cigar smokers have similar diseases as cigarette smokers. If the cigar smoker inhales, the risk of disease is greater.
- Although many cigar smokers hold the smoke in their mouth and don't actively inhale, they still inhale cigar smoke as they breathe.
- Nicotine and other cancer-causing chemicals in cigar smoke are absorbed through the tissues lining the mouth and nose.
- Cigar smoking leads to stained teeth, bleeding gums, loss of teeth and bad breath.

Cancer Risks Associated With Cigar Use

- Cancer of the larynx: voice box
- Oral Cancer: lip, mouth, and tongue
- Cancer of the esophagus: food passage to the stomach
- Cancer of the pancreas: provides digestive juices/insulin
- Cancer of the lung: Provides oxygen to the blood
- Cancer of the bladder and urinary system: stores urine

Disease Risks Associated With Cigar Use

- Coronary Heart Disease: blockage of arteries and heart attacks.
- Chronic Obstructive Pulmonary Disease: emphysema
- Cerebrovascular Disease: stroke-interrupts blood flow to the brain.
- Aortic Aneurysm: An enlargement of the body's main artery, which can rupture and lead to sudden death.