CIGARS - KNOW THE FACTS

Health Risks Associated with Cigar Smoking…

▸ The main health risks from cigar smoking are head and neck cancers followed by lung cancer and heart disease.

▸ Cigar smokers are basically exposed to the same cancer-causing chemicals that are found in cigarettes.

▸ The health risks of cigar smoking increase with dosage, for example more cigars per day, inhaling more deeply, and more years of smoking.

▸ The only thing that makes a cigar different from a cigarette is the wrapper. A cigar wrapper is made of a tobacco leaf or paper dipped in tobacco extract while a cigarette wrapper is made of paper, painted white.

Secondhand Smoke and Cigars…

▸ Secondhand smoke, also known as environmental tobacco smoke (ETS) or passive smoke, is the smoke coming from a lit cigar or cigarette. The secondhand smoke from cigars and cigarettes contains many of the same poisons, irritants and cancer causing substances.

▸ Lit cigars give off much more secondhand smoke than cigarettes. One can imagine that smoking a cigar is like burning a log, whereas smoking a cigarette is like burning a twig. The typical cigar contains 7 times the amount of tobacco compared to the average cigarette.

Stopping Cigar Smoking…

▸ Why keep smoking when it's so dangerous? As soon as you stop smoking cigars, your body starts healing itself right away! Soon after quitting, your blood pressure, pulse rate and breathing patterns start to return to normal. And there are many long-term health benefits, too, including a lower risk of getting cancer and heart disease.

▸ If you need help to stop smoking cigars, ask your doctor to recommend the stop smoking medication that's right for you. Medications available include:
  o Nicotine replacement products such as:
    • Nicotine patch
    • Nicotine gum
    • Nicotine lozenge
    • Nicotine nasal spray
  o Non-nicotine prescription medication:
    • Zyban® (also sold as Wellbutrin® and bupropion)
    • Chantix™

Deaf, Hard of Hearing and Speech Disabled: (TTY): 711
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