

# The Truth about Cigars

Cigar use is a current fad, with lasting consequences! Recent popularity of cigars is due to an increase in clever advertising and promotion. The truth is, smoking cigars leads to health risks.

## HERE ARE THE FACTS

- Cigars do not have filters to reduce the tar, nicotine, and other harmful substances that cause cancer.
- Cancer death rates among people who smoke cigars are 34% higher than among nonsmokers.
- Cigars smokers are 4–10 times more likely than non-smokers to die from cancer of the mouth, larynx and esophagus.
- Cigars smokers double their risk for a stroke and a heart attack.
- Cigar smokers have a 3 times higher rate of lung cancer than nonsmokers.
- Cigar smokers are at a higher risk of emphysema, bronchitis and other lung diseases. Cigars also cause peptic ulcers.
- Concentration of tar and nicotine are much higher in cigars than cigarettes.
- Exposure to secondhand cigar smoke carries the same risks as exposure to secondhand cigarette smoke. (Infants and children exposed to secondhand smoke are more likely to suffer from: increased risk of SIDS, asthma, bronchitis, ear infections, pneumonia, more hospitalizations.)
- Tobacco users cost American taxpayers \$68 billion per year in medical expenses and lost productivity.

Cigar smoking has gained popularity with youth since it is glamorized in movies and magazines by celebrities.

**Don't let it fool you – Know the Truth!**

**For Help Quitting Tobacco: 1-800-QUIT-NOW    [www.TryToStopNH.org](http://www.TryToStopNH.org)    [www.Truth.org](http://www.Truth.org)**

**For more information about preventing tobacco use, contact  
NH Department of Health and Human Services, Tobacco Prevention & Control Program  
800-852-3345, ext. 6891**



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org