

CIGAR SMOKE IS HAZARDOUS TO PUBLIC HEALTH



CIGAR SMOKE IS COMPOSED OF THE **SAME TOXIC AND CARCINOGENIC CHEMICALS** FOUND IN CIGARETTE SMOKE, THAT IS **HARMFUL TO BOTH SMOKERS AND NONSMOKERS.**

Daily cigar smokers, particularly those who inhale, have an **increased risk of heart disease and chronic obstructive pulmonary disease (COPD).**



CIGAR SMOKERS ARE AT AN INCREASED RISK FOR A HEART ATTACK.

All cigar smokers, **whether they inhale or not, expose their lips, tongue, and throat** to smoke and its toxic and cancer-causing chemicals.

CIGAR SMOKING CAUSES CANCER OF THE ORAL CAVITY, LARYNX, ESOPHAGUS, AND LUNG.



Don't believe the hype. "Freaking" a cigarillo, or removing the inner layer, binder, or "cancer paper" does not make smoking safer. **Cigarillos contain the same toxic chemicals as cigarettes.** It's not the paper that causes cancer. It's smoking. **There is no safe form of tobacco.**

THE LARGER SIZE OF MOST CIGARS (MORE TOBACCO) AND LONGER SMOKING TIME RESULT IN HIGHER EXPOSURE TO MANY TOXIC SUBSTANCES INCLUDING:

CARBON MONOXIDE



HYDROCARBONS



AMMONIA



CADMIUM



CIGARS AND CIGARILLOS ARE NOT SAFE ALTERNATIVES TO CIGARETTES.