

**SMOKE FREE**

**New Hampshire**

# The Truth about Cigars

**FACT SHEET**

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 seems to be gaining popularity with youth since it's glamorized in movies and magazines by celebrities.

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

For more information, call the  
NH Department of Health & Human Services' Tobacco Prevention Program  
800-852-3345, x6891 or 603-271-6891



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Education, NH Department of Health & Human Services, NH Pediatric Society, and NH Safe Kids Coalition