

# **CIGAR FACT SHEET**

## **10 COLOSSAL REASONS WHY CIGARS ARE CATASTROPHIC**

**Cigars cause badly stained teeth and chronic bad breath.**

**The abrasive particles in a cigar's outer wrapping can damage teeth.**

**Cigars don't have filters.**

**Cigars are not a "safe" alternative to cigarettes.**

**Cigar packages are not required to display health warnings.**

**Cigar smokers end up just as dependent on nicotine as cigarette smokers.**

**Even the cigar industry is opposed to smoking by teenagers.**

**Smoking one cigar is like smoking three to eight cigarettes.**

**The second hand smoke from one cigar equals that of three cigarettes.**

**Cigar smoke contains over 4,000 chemicals, 200 are poisons and 43 cause  
cancer.**



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

Source: OCHD, August 1998

# **Cigars=Tobacco, Tars and Toxins**

- ✓ A cigar can cost anywhere from **\$3.25** to **\$25.00**. Smoking one cigar per day can cost you **\$22.75** to **\$175.00** per week; and **\$1,186.25** to **\$9,125.00** per year (not including tax).
- ✓ A standard half ounce stogie can generate **7** times as much tar as a cigarette, **11** times as much carbon monoxide and **4** times as much nicotine.
- ✓ Cigar smoking causes cancer of the larynx, mouth, esophagus, lungs, and pancreas.
- ✓ Cigar manufacturers, importers, and distributors are not required to publish a list of cigar ingredients.
- ✓ Men who smoke cigars have a death rate **34%** higher than non-smokers.
- ✓ Cigar smokers are **1.3** to **3.6** times more likely to die from emphysema than non-smokers.

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