



It's About Time!

Is Cigar Smoking Safe?

- Cigars are no safer than chew tobacco and contain more tobacco than cigarettes.
- Cigars can become addictive so that your body needs them.
- Cigar smoking can cause lung cancer and heart disease, increase the risk of not being able to get pregnant, stillbirth, and low birth weight.
- Cigar smoking can cause cancers of the mouth, throat, pancreas, bladder and lung, even without inhaling.
- Cigar smokers who do not inhale have a risk of death from lung cancer that is several times higher than the risk for nonsmokers.
- The American Cancer Society reports cigar smokers who inhale are **11 times more likely to have risk for death** from lung cancer than people who do not smoke.
- Compared to people who do not smoke, cigar smokers who inhale deeply are **6 times more likely to die** from mouth cancer and **39 times more likely to die** from cancer of the throat.
- A single large cigar can contain as much tobacco as an entire pack of cigarettes.
- Secondhand smoke from cigars has many **poisons** (toxins) and cancer-causing agents (carcinogens) as cigarette smoke and have worse effects on the body.

**Call the Tennessee Tobacco QuitLine at
1-800-QUIT-NOW (1-800-784-8669).**

IT'S FREE!!