



Things to consider:

- Smoke invades your mouth, throat, and lungs even if you don't inhale.
- Cigars contain nicotine and poisons just like cigarettes. Even smoking a cigar just once in a while is harmful.
- Cigar smokers die from cancer of the mouth, larynx, and esophagus 40% more often than non-smokers.
- Cigars pollute more than cigarettes: one cigar produces more carbon monoxide than 3 cigarettes.
- Smoking cigars puts you at risk for emphysema, bronchitis, and other lung diseases.
- Teenage cigar smokers have slower lung growth.
- Smoking one cigar is like smoking several cigarettes.
- Cigars can cause stomach ulcers.
- Cigars are addictive, just like cigarettes. You may find yourself smoking more, even if you don't want to.

