

Cigars

What are Cigars?¹

Cigars are rolled bundles of dried tobacco. They are wrapped in a tobacco leaf or paper that has tobacco. There are three types of cigars sold in the U.S.

Types of Cigars^{1,2}



Little Cigar

- Same size and shape as cigarettes
- Wrapped in brown paper that has tobacco
- Often has a filter, like cigarettes
- Comes in many flavors, like cherry and peach
- Mostly sold in packs of 20



Cigarillo

- Same shape as a large cigar, but smaller
- Wrapped in tobacco leaf
- May have a wood or plastic tip
- Does not have a filter
- Comes in many flavors, like apple and grape



Large Cigar

- Bigger than a little cigar or cigarillo
- Wrapped in tobacco leaf
- Takes 1-2 hours to smoke

Cigars and Nicotine²

- One cigar can have as much nicotine as a pack of cigarettes.
- Even if user does not take deep drags, nicotine can get in the body through the mouth.
- Users can get hooked on cigars, just like cigarettes.

Cigars and Health^{1,2}

Smoking cigars has many risks:

- The smoke has higher levels of toxins than cigarette smoke. It can cause:
 - Cancers of the lip, tongue, mouth, throat, voice box, and lungs.
 - Lung diseases, like emphysema and bronchitis.
 - Gum disease and tooth loss.
- Even puffing cigar smoke can be harmful.

Call to Get FREE help to quit smoking to-day!

English: 1-800-QUIT-NOW (1-800-784-8669)

1. Centers for Disease Control and Prevention (2018). Cigars.

2. National Cancer Institute (2010). Cigar Smoking and Cancer.