

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 3 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 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.



Cigarette



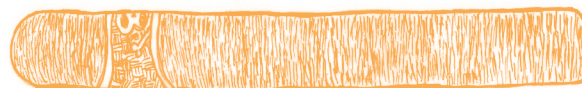
Little Cigar



Cigarillo (tipped)



Cigarillo



Cigar

**Call for FREE help to quit smoking!
1-800-300-8086**

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

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