



## Facts About Cigars

- Secondhand cigar smoke is more poisonous than secondhand cigarette smoke. The smoke from one cigar equals the smoke of three cigarettes.
- The average cigar emits three times as much carcinogenic matter and 30 times as much carbon monoxide as one cigarette.
- Cancer death rates for cigar smokers are 34 percent higher than for nonsmokers.
- Cigar smoking can lead to cancer of the voice box (larynx), mouth, esophagus, and lungs.
- Cigar smokers are three to five times as likely to die of lung cancer as nonsmokers.
- Cigar smokers are five times as likely to get emphysema as nonsmokers.
- Nicotine does not have to be inhaled to damage the heart and blood vessels — it is absorbed into the bloodstream through the mouth.
- Ninety-nine percent of cigar smokers have untypical cells in their voice boxes, which is the first step toward malignancy.

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Information about GASP and secondhand smoke | [gaspforair.org](http://gaspforair.org)  
Smoke-free housing listings and resources | [mysmokefreehousing.org](http://mysmokefreehousing.org)  
Information on secondhand marijuana smoke | [smokeissmoke.com](http://smokeissmoke.com)