

# Dangers of Smoking Cigars



- Some believe the myth that smoking a cigar is better and healthier than smoking a cigarette. This is not true as a typical seven-inch cigar may contain as much tobacco as a pack of cigarettes.
- Most cigar smokers inhale some smoke, which increases the risk of lung disease.
- Regular cigar use increases the risk of oral and mouth cancers.
- Cigar tobacco is fermented and packs more potent smoke than do cigarettes.

## Cigar smoke contains

Ammonia  
Carbon Monoxide  
Nitrogen Oxides  
Tar

Do you really want these poisons in your body?



Stash the Stogie!!!