



The Health Hazards of Little Cigars

Little Cigars, such as Black and Milds and Swisher Sweets, contain the same toxic and carcinogenic compounds, and causes the same kinds of serious health consequences as cigarette smoking. By the age of 40, the average cigar smoker has lost 5 years of their life.

Cardiovascular Disease

- The risk of chronic obstructive pulmonary disease (COPD) is higher compared to non-smokers.
- The risk of heart disease for cigar smokers is 30% greater compared to non-smokers.

Cancer

- Cigars, little cigars, and cigarettes are comparable in their risk of tobacco-related lung cancer, especially when cigars are inhaled like cigarettes.
- Cigar smokers are also ten times more likely than non-smokers to have cancer of the larynx and four times as likely to suffer from oral cancer.
- Cigar smokers are likely to suffer from cancers of the lung, oral cavity, larynx, head and neck, esophagus, and bladder.
- Male cigar smokers are up to eight times more likely to die from oral cancer and ten times more likely to die from laryngeal cancers than non-smokers.

Respiratory Disease

- Smoking increases the risk of obstructive lung disease, including chronic bronchitis and emphysema.

Second Hand Smoke Exposure:

- Is toxic and harms innocent non-users.
- Is directly linked to adverse health effects, such as, bronchitis, pneumonia, upper respiratory tract irritation, reduced lung function, and asthma.

