



## KENDALL COUNTY HEALTH DEPARTMENT

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### **Cigars, Pipes and Smokeless Tobacco**

#### **Cigars and Pipes**

- A person is 10 times more likely to get mouth and neck cancer from smoking cigars, than from smoking cigarettes because there are no filters.
- There is as much nicotine in one cigar as there is in 10 cigarettes.
- Cigar smokers may spend up to an hour smoking a single large cigar. The common practice of holding an unlit cigar in the mouth may also enable nicotine absorption. Thus smoking even a few fat cigars could produce the same level of nicotine exposure as that experienced by a pack a day smoker.
- Pipe and cigar smoking increases the heat in the mouth much more than a cigarette thus increasing the risk of oral cancer.
- Cigar smokers have higher death rates from chronic obstructive pulmonary disease and are 4-10 times more likely to contract laryngeal, oral and esophageal cancers than nonsmokers.
- Pipe and cigar smokers often boast about “not inhaling”, however, they overlook the fact that not only are they subjected to the risks mentioned about but also those of secondhand smoke.

#### **Smokeless Tobacco**

- The use of smokeless tobacco causes serious oral health problems, such as oral cancers, leukoplakia, enamel erosion and tooth loss, gingivitis, halitosis, and gum ulcers.
- The nicotine content in one dip of snuff can be four times that of one cigarette.
- About 30 carcinogens have been identified in chewing tobacco and snuff.
- There are 12 million chewers and dippers in the U.S. who consume smokeless tobacco.
- Only half of all oral cancer patients are alive five years after diagnosis.
- Nicotine is present in smokeless tobacco which also subjects the users to all of the problems associated with cigarette smoking.

References: Centers for Disease Control and Prevention, American Cancer Society, American Lung Association