

# Cigar Effects on Your Health

## Know the Facts:

- Although most cigar smokers do not inhale, they still have higher rates of lung cancer, heart and blood vessel diseases than people who do not smoke cigars.
- All cigar and cigarette smokers, whether or not they inhale, directly expose their lips, mouth, tongue, and throat to smoke and thousands of toxic and cancer causing chemicals.
- There is no safe level of tobacco use.
- Saliva can absorb the chemicals in tobacco smoke and when swallowed, exposes the esophagus to the cancer causing chemicals.
- Quitting cigar smoking reduces the risk of cancer and other diseases, such as heart disease and COPD (Chronic Obstructive Pulmonary Disease).



**"Tar the roads, not your lungs!"**  
Kyle Kiper, Tobacco Treatment Specialist  
at Disability Achievement Center

Source: "DCCPS: Behavioral Research Program: TCRB: Smoking and Tobacco Control Monographs." *DCCPS: Behavioral Research Program: TCRB: Smoking and Tobacco Control Monographs*. National Cancer Institute, n.d. Web. 14 Aug. 2013.

## Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

**When you are ready to quit, we are ready to help!**

## Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit [www.alectobacco.com](http://www.alectobacco.com) to find classes



Center	County	Address/Phone
Ability 1 <sup>st</sup>	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

[www.AHECtobacco.com](http://www.AHECtobacco.com)

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.  
**I Quit with AHEC.**