

Cigar Culture

Cigars can be an affordable luxury, a lifestyle, a tradition, a pastime or hobby, and much more. The culture of cigars today encompasses cigar events, cigar bars and clubs, cigars in the media and online, and the list goes on. There is a certain mystique about cigars and cigars smokers, which is unique and unlike any other tobacco product.

Cigarillos

Mini-cigars, or cigarillos, have recently become a popular choice among young Canadian smokers. They are considered to be “cigars” since they are tobacco wrapped but look more cigarette-like. There are no health warnings on individually sold cigarillos in wraps or tubes, and not all cigarillo packages have the correct required Health Canada warning. Research on cigarillo emissions conducted by Health Canada shows that cigarillos deliver higher levels of toxicants than cigarettes (that is, much higher nitrosamines (one of the most potent carcinogens in tobacco), hydrogen cyanide and nitrogen based compounds.

Quitting

Choose a Meaningful Date to Quit Smoking!

You might want to choose a day to quit smoking that has special meaning for you. For most of us, quitting tobacco is an emotional event, and picking a date that has personal significance can make the event more meaningful, and serve as motivation. Popular quit dates include:-Birthdays (either yours or that of a loved one), Anniversaries, or New Years Day, etc.

Preparing for your quit date:

- Educate yourself!
- Start a quit Journal.
- Get a check up with your physician.
- Learn what to expect.
- Get support from Family and Friends.
- Learn and get support from Fellow quitters... Join the Tobacco Reduction Program!

Change is hard for most people, but is a necessary part of life. Embrace the process and don't look back!

(Information Retrieved for this pamphlet from about.com)



Cigars:
***Go Ahead,
Be a Quitter!***

Cigars are addictive and are every bit as dangerous as cigarettes. One cigar may contain as much tobacco as a whole pack of cigarettes.

The Tobacco Reduction Program is here to help Cigar smokers!



Habit, Hobby, or Addiction

Habit-Recurrent pattern of behaviour ingrained as the result of frequent repetition.

Hobby-Activity or pastime done for pleasure.

Addiction-Mental and/or physical dependency beyond a person's control.

What kind of cigar smoker are you?

If you are a cigar connoisseur who considers cigars a special treat, you smoke no more than a few cigars per week without inhaling, then cigars are a hobby. If you are a cigar enthusiast who routinely lights up more than a couple of cigars every day without even thinking about it, then cigars are a habit. If you are a cigar smoker who smokes and inhales several cigars per day, then you are addicted to cigars. You cannot make it through the day without smoking several cigars, and need to take breaks like cigarette smokers in order to get your nicotine fix.

No matter what kind of cigar smoker you are, cigars can negatively affect your health.

6 Facts you should know about Cigars

1. One Cigar may contain as much tobacco as an entire pack of cigarettes.
2. Cigars are addictive.
3. Cigar smoke is more concentrated and toxic than cigarette smoke.
4. Smoking as little as one cigar a day increases the risk for cancer.
5. Cigar and pipe smokers are at risk for early tooth loss.
6. Cigar smoking has been linked to erectile dysfunction.



Cigars and Your Health

Many people are under the misconception that smoking a cigar is a safe alternative to cigarette smoking.

It is not.

Cigars are addictive and are a danger to your health.

The Facts:

- Both cigarette and cigar smoking share similar risk for cancer of the oral cavity and esophagus.
- The risk for lung cancer is less than that of cigarette smokers, because most people do not inhale cigar smoke. However, it has been found that current and former cigarette smokers are more likely to inhale cigar smoke.
- Cigar smoking is hard on the heart. Cigar smokers are more likely than non-smokers to suffer from heart disease.
- Cigar smokers are at an increased risk over non-smokers for chronic obstructive pulmonary disease such as chronic bronchitis and emphysema.
- There is evidence showing that cigar and pipe smoking may also lead to early tooth loss.