

CIGARS CIGARS CIGARS



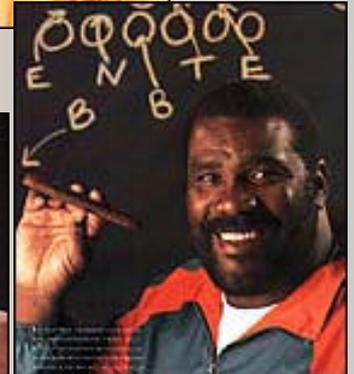
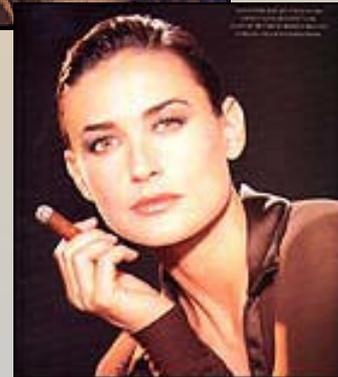
Mark A. D. Long, Ed.D.
Health Promotion Program
Navy Environmental Health Center



Cigars promoted by Tobacco Companies as

- ★ Cool & Sexy
- ★ Manly
- ★ Trendy & Chic
- ★ For the Affluent
- ★ To Celebrate

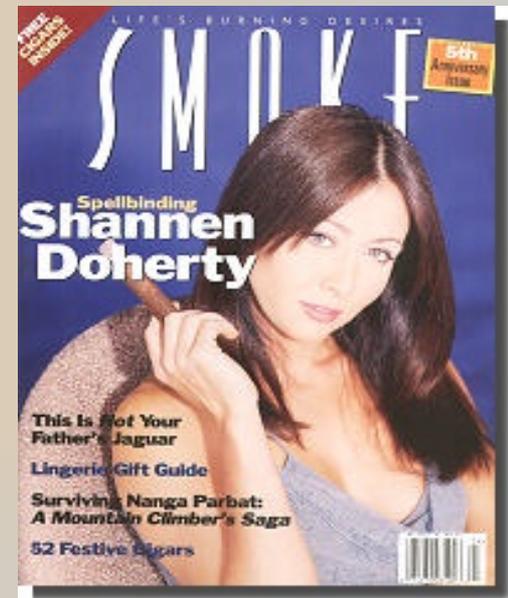
photos by Stephen Danelian





Results of Marketing

- ★ Huge increase in usage among Teens, Adults, Women and the Military
- ★ Big Profits \$\$\$





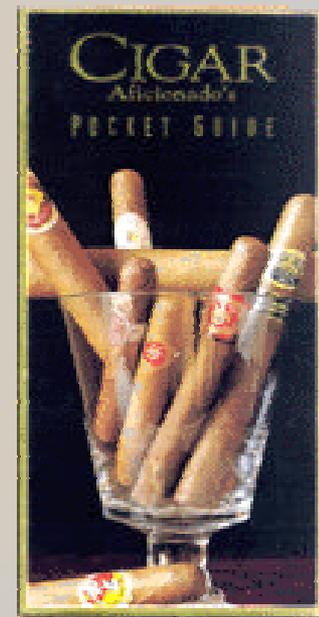
Effects of Cigar Promotion

- ★ **Acceptable** to smoke cigars
- ★ **Hooked** thousands on Cigars!
- ★ \$Millions\$ spent on cigars
- ★ Major Health Problem



False Perceptions of Cigars

- ★ May switch from cigarettes to cigars without a problem
- ★ Safe and Healthy Product
- ★ Safe alternative to smoking cigarettes
- ★ Nonaddicting





Health Effects of Cigars

- ★ Increased Cancer Risks- Lung, Oral, Laryngeal, Esophageal
- ★ Increased Risk for Diseases- CHD, COPD, Aortic Aneurysm
- ★ Environmental Pollution



Lung Disease



Surgeon General's Warnings



- ★ Cigar Smoking Can Cause Cancers of the Mouth and Throat, Even If You Do Not Inhale



Cigar Smoking is a Risk

- ★ Public Health
- ★ Individual Health and Fitness
- ★ Military Readiness





Cigars- Short Term Effects

- ★ Bad Smell and Odors!
- ★ \$Costs\$
- ★ Harmful to the health of those around you!
- ★ Poor Role Model





What smells so?

Has somebody been burning a rag, or is there a dead mule in the backyard?

No the man is smoking a five cent cigar

-Eugene Field



Long Term Effects

- ★ Suffering and Pain due to the toll of Illnesses and Diseases
- ★ Financial Costs\$
- ★ Underestimating Own Personal Risks

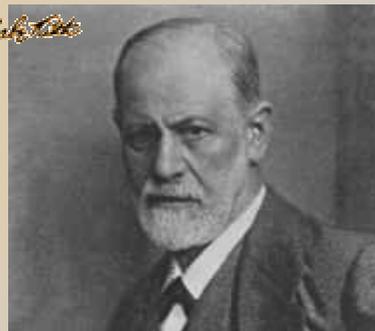


Famous Persons Who Have Died From Smoking Cigars

★ Babe Ruth

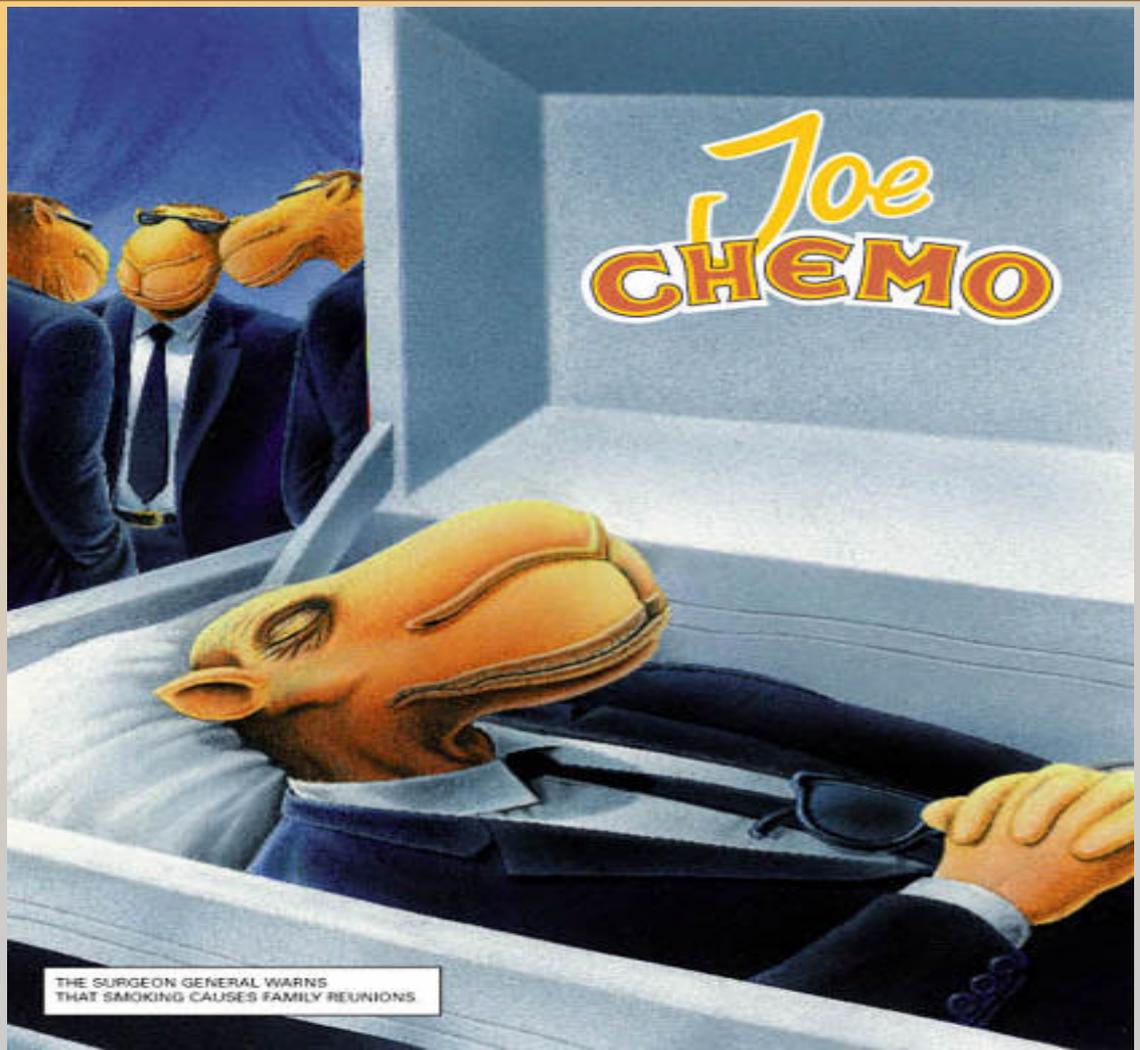


★ Dr. Sigmund Freud



★ President Ulysses S. Grant





THE SURGEON GENERAL WARNS
THAT SMOKING CAUSES FAMILY REUNIONS



SURGEON GENERAL'S WARNINGS



- ★ Cigar Smoking Can Cause Lung Cancer And Heart Disease
- ★ Tobacco Use Increases The Risk Of Infertility, Stillbirth, and Low Birth Weight



Another Reason To Quit!

★ **IMPOTENCE** in Men!

★ **SMOKING REDUCES
SEXUAL ABILITY!**





Benefits of Quitting

★ **What are Your Reasons for Quitting?**



What the Navy's Top Doctor Says.....



ADM Richard Nelson

★ Tobacco is Harmful to your Health!!!!

