

# Cigarillos

## Myths & Realities



**MYTH:** It's safe to smoke little cigars and cigarillos if you don't inhale.

**REALITY:** You are exposing your mouth, tongue, and throat to toxic and cancer-causing chemicals; smoke from **these products can cause cancers of the mouth and throat even if you don't inhale.**<sup>3,1</sup>

**MYTH:** Using cigarillo wrap to smoke marijuana is safe.

**REALITY:** Cigar wrappers are almost always made from tobacco leaves which contain nicotine. **Nicotine is a highly addictive and poisonous drug.**<sup>1</sup> You are inhaling both tobacco smoke and marijuana smoke when you use cigar wrappers to smoke marijuana.

**MYTH:** Marijuana smoke is not as dangerous as tobacco smoke.

**REALITY:** Secondhand marijuana smoke has more than twice as much tar and ammonia as secondhand tobacco smoke.<sup>2</sup> **Marijuana smoked in a cigar wrapper puts off a combination of poisons found in both marijuana and tobacco.**

**MYTH:** You can't get addicted to marijuana.

**REALITY:** 1 in 10 marijuana users will become addicted, and **young people who begin using marijuana before the age of 18 are up to seven times more likely than adults to become addicted.**<sup>3</sup>

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1. National Cancer Institute. (2017). Cigar Smoking and Cancer Fact Sheet. Retrieved from <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cigars-fact-sheet#r3>.

2. Moir, D., et al., A Comparison of Mainstream and Sidestream Marijuana and Tobacco Cigarette Smoke Produced under Two Machine Smoking Conditions. American Chemical Society, 2008. 21: p. 494-502.

3. U.S. Department of Health & Human Services, Office of Adolescent Health (2019). Risks of Adolescent Marijuana Use. Retrieved from: <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/marijuana/risks/index.html>