Myth: Cigar smoking is safe since you don’t inhale.
Reality: Even if you don’t directly inhale cigar smoke, nicotine and other carcinogens are still absorbed through the lining of the mouth and easily absorbed through saliva. And, you’re still breathing in secondhand smoke from cigars. No level of exposure to secondhand tobacco smoke is safe. Cigar smoke may contain more toxins than cigarette smoke due to the quantity of tobacco being burned and the longer smoking time.

Myth: Cigars are safer than cigarettes because they are natural.
Reality: Cigar smoke contains high levels of cancer-causing substances, tar, and toxins. Cigar smoking causes cancer of the oral cavity, larynx, esophagus, and lung—not to mention heart disease.

Myth: You can’t get addicted to cigars.
Reality: Nicotine is naturally occurring in tobacco. High levels of nicotine (the chemical that causes addiction) are absorbed into a smoker’s bloodstream through the lining of the mouth and by inhaling smoke into the lungs. A single cigar can provide as much nicotine as a pack of cigarettes.

Myth: “I don’t smoke cigars everyday so they’re not that bad.”
Reality: Some large cigars contain as much tobacco as a pack of cigarettes. All tobacco products are harmful and cause cancer. There is no safe level of tobacco use.

Myth: Occasional cigar use doesn’t impact military performance.
Reality: Smoking tobacco has serious implications for military readiness:
- Reduced physical work capacity and endurance
- Lower oxygen capacity and exercise duration
- Lower PT test scores
- Impaired night vision
- Higher absenteeism