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No Cigarette is Safe

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Through the years, many smokers have thought that cigarettes labeled “light,” “low,” or “mild” were better for their health than other cigarettes. Not so. There is no scientific evidence to indicate that these “low-yield” cigarettes are safe.

Federal law now prohibits the tobacco industry from distributing or introducing cigarettes containing those – or similar – descriptors in the U.S. market.

Eliminating these descriptors helps ensure that tobacco product labels and advertising are not misleading.

Each year, an estimated 443,000 Americans die prematurely from smoking or exposure to secondhand smoke. Another 8.6 million live with a serious illness caused by smoking.

In Nebraska, nearly 2,300 die every year from diseases caused by cigarettes.

Smoking increases the risk of coronary heart disease, stroke, chronic obstructive lung diseases, lung cancer, and other cancers.

All cigarettes are harmful to health, regardless of taste, smell, labeling or packaging. There is no such thing as a safe cigarette.

Millions of former smokers have successfully quit. In fact, there are more former smokers than smokers. For help, visit the Nebraska Tobacco Quitline at <http://QuitNow.ne.gov> or call 1-800-QUIT-NOW (1-800-784-8669).