

# Acknowledgments

*Cigars: Health Effects and Trends* was developed under the editorial direction of **Donald R. Shopland**, Coordinator, Smoking and Tobacco Control Program (STCP), National Cancer Institute, Bethesda, Maryland.

The Senior Scientific Editor for this monograph was **David M. Burns**, M.D., Professor of Medicine, School of Medicine, University of California San Diego, San Diego, California. The Consulting Scientific Editors were **Dietrich Hoffmann**, Ph.D., Associate Director, American Health Foundation, Valhalla, New York and **K. Michael Cummings**, Ph.D., M.P.H., Senior Research Scientist, Roswell Park Cancer Institute, Buffalo, New York. The Managing Editor for this monograph was **Richard H. Amacher**, Project Director, KBM Group Inc., Silver Spring, Maryland.

**The editors and STCP staff members gratefully acknowledge the many researchers and authors who made this monograph possible. Attributions for each chapter are as follows:**

- |  |   |
|--|---|
| <b>Chapter 1. Cigar Smoking: Overview and Current State of the Science</b> | David M. Burns, M.D.<br>Professor of Medicine<br>School of Medicine<br>University of California San Diego<br>San Diego, CA  |
| <b>Chapter 2. Trends in Cigar Consumption and Smoking Prevalence</b>       | Karen K. Gerlach, Ph.D., M.P.H.<br>Epidemiologist<br>Office on Smoking and Health<br>Centers for Disease Control and Prevention<br>Atlanta, GA<br><br>K. Michael Cummings, Ph.D., M.P.H.<br>Senior Research Scientist<br>Department of Cancer Control and<br>Epidemiology<br>Roswell Park Cancer Institute<br>Buffalo, NY<br><br>Andrew Hyland, M.A.<br>Data Analyst<br>Department of Cancer Control and<br>Epidemiology<br>Roswell Park Cancer Institute<br>Buffalo, NY<br><br>Elizabeth A. Gilpin, M.S.<br>Senior Statistician<br>Cancer Prevention and Control<br>University of California San Diego<br>La Jolla, CA |

Michael D. Johnson, Ph.D.  
Chief  
Data Analysis and Evaluation Unit  
California Department of Health Services  
Tobacco Control Section  
Sacramento, CA

John P. Pierce, Ph.D.  
Professor and Associate Director  
Cancer Prevention and Control  
Sam M. Walton Professor for Cancer  
Research  
University of California San Diego  
La Jolla, CA

**Chapter 3. Chemistry and Toxicology**

Dietrich Hoffmann, Ph.D.  
Associate Director  
American Health Foundation  
Valhalla, NY

Ilse Hoffmann, B.S.  
Research Coordinator  
American Health Foundation  
Valhalla, NY

**Chapter 4. Disease Consequences of Cigar Smoking**

Thomas G. Shanks, M.P.H., M.S.  
Principal Statistician  
University of California San Diego  
San Diego, CA

David M. Burns, M.D.  
Professor of Medicine  
School of Medicine  
University of California San Diego  
San Diego, CA

**Chapter 5. Indoor Air Pollution from Cigar Smoke**

James L. Repace, M.S.  
Repace Associates  
Bowie, MD  
U.S. EPA Office of Radiation and  
Indoor Air (Retired)

Wayne R. Ott, Ph.D.  
Visiting Scholar  
Department of Statistics  
Consulting Professor  
Department of Civil and Environmental  
Engineering  
Stanford University  
Stanford, CA

Neil Klepeis, M.S.  
School of Public Health  
Environmental Health Sciences  
University of California, Berkeley  
Berkeley, CA

**Chapter 6. Pharmacology and Abuse Potential of Cigars**

Reginald V. Fant, Ph.D.  
Pinney Associates, Inc.  
Bethesda, MD

Jack E. Henningfield, Ph.D.  
Vice President  
Research and Health Policy  
Pinney Associates, Inc.  
Bethesda, MD  
Associate Professor  
Department of Psychiatry and Behavioral Sciences  
Johns Hopkins University  
School of Medicine  
Baltimore, MD

**Chapter 7. Marketing and Promotion of Cigars**

John Slade, M.D.  
Professor of Clinical Medicine  
University of Medicine and Dentistry of New Jersey  
Robert Wood Johnson Medical School  
Saint Peter's Medical Center  
New Brunswick, NJ

**Chapter 8. Policies Regulating Cigars**

Gregory N. Connolly, D.M.D., M.P.H.  
Director of the Massachusetts Tobacco Control Program  
Massachusetts Department of Public Health  
Boston, MA

We gratefully acknowledge the following distinguished scientists, researchers, and others, both in and outside Government, who contributed critical reviews or assisted in other ways:

Anthony Alberg, Ph.D., M.P.H.  
Assistant Scientist  
Johns Hopkins University  
Baltimore, MD

Dileep G. Bal, M.D.  
Chief  
Cancer Control Branch  
California Department of Health Services  
Sacramento, CA

Steve Bayard, Ph.D.  
Director  
Office of Risk Assessment  
Health Standards Program  
OSHA, Department of Labor  
Washington, DC

Neal L. Benowitz, M.D.  
Professor of Medicine  
Chief  
Division of Clinical Pharmacology and Experimental Therapeutics  
University of California San Francisco  
San Francisco, CA

Lois Biener, Ph.D.  
Senior Research Fellow  
Center for Survey Research  
University of Massachusetts Boston  
Boston, MA

Michele Bloch, M.D., Ph.D.  
Chair  
Tobacco Control and Prevention Subcommittee  
American Medical Women's Association  
Alexandria, VA

Tom Capehart, M.S.  
Agricultural Economist  
Economic Research Service  
United States Department of Agriculture  
Washington, DC

Sir Richard Doll, F.R.S., F.R.C.P.  
Emeritus Professor of Medicine  
Radeliffe Infirmary  
University of Oxford  
Oxford  
United Kingdom

Michael Eriksen, Sc.D.  
Director  
Office on Smoking and Health  
National Center for Chronic Disease  
Prevention and Health Promotion  
Centers for Disease Control  
and Prevention  
Atlanta, GA

Lawrence Garfinkel, M.A.  
Consultant  
American Cancer Society  
New York, NY

Ellen Gritz, Ph.D.  
Professor and Chair of the Department of  
Behavioral Science  
University of Texas  
MD Anderson Cancer Center  
Houston, TX

S. Katharine Hammond, Ph.D., CIH  
Associate Professor of Environmental  
Health Sciences  
School of Public Health  
University of California  
Berkeley, CA

Thomas P. Houston, M.D.  
Director  
Department of Preventative  
Medicine and Environmental Health  
American Medical Association  
Chicago, IL

John Hughes, M.D.  
Professor  
Department of Psychiatry  
Ira Allen School  
University of Vermont  
Burlington, VT

Murray J. Kaiserman, Ph.D.  
Acting Director  
Office of Tobacco Control  
Health Protection Branch  
Ottawa, Ontario  
CANADA

C. Everett Koop, M.D.  
Bethesda, MD  
U. S. Surgeon General (1981-1989)

Claude Lenfant, M.D.  
Director  
National Heart, Lung, and Blood Institute  
National Institutes of Health  
Bethesda, MD

Alan I. Leshner, Ph.D.  
Director  
National Institute on Drug Abuse  
National Institutes of Health  
Rockville, MD

John L. Pauly, Ph.D.  
Cancer Research Scientist V  
Department of Molecular Immunology  
Roswell Park Cancer Institute  
Buffalo, New York

John Pinney, B.A.  
President  
Pinney Associates, Inc.  
Bethesda, MD

Richard W. Pollay, Ph.D., M.B.A.  
Professor of Marketing  
Faculty of Commerce  
University of British Columbia  
Vancouver, British Columbia  
CANADA

Bill Rickert, Ph.D.  
President  
Labstat Incorporated  
Kitchener, Ontario  
Associate Professor  
Department of Statistics  
University of Waterloo  
Waterloo, Ontario  
CANADA

Nancy A. Rigotti, M.D.  
Director  
Tobacco Research and Treatment Center  
General Internal Medicine Unit  
Massachusetts General Hospital  
Boston, MA

Jonathan M. Samet, M.D., M.S.  
Professor and Chairman  
Department of Epidemiology  
School of Hygiene and Public Health  
Johns Hopkins University  
Baltimore, MD

Jesse L. Steinfeld, M.D.  
San Diego, CA  
U. S. Surgeon General (1969-1973)

Michael J. Thun, M.D.  
Vice President  
Epidemiology and Surveillance Research  
American Cancer Society  
Atlanta, GA

Kenneth E. Warner, Ph.D.  
Richard D. Remington Collegiate  
Professor of Public Health  
Department of Health Management  
and Policy  
School of Public Health  
The University of Michigan  
Ann Arbor, MI

Jeffrey Wasserman, Ph.D.  
Consultant  
The RAND Corporation  
Santa Monica, CA

Judith Wilkenfeld, J.D.  
Special Advisor to the Commissioner  
Food and Drug Administration  
Rockville, MD

Ernst L. Wynder, M.D.  
President  
American Health Foundation  
New York, NY

Mitchell R. Zeller, J.D.  
Associate Commissioner  
Food and Drug Administration  
Rockville, MD

Finally, the editors and STCP staff members would also like to acknowledge the contributions of the following individuals who provided technical and editorial assistance in the preparation of this monograph. We would particularly like to acknowledge the staff of Business Images, Vienna, Virginia, especially Allen Côté, Marleen Flegel, and Ken Snow for their invaluable assistance during the final production phase of the monograph.

**KBM Group, Inc.,** Silver Spring, MD

Shelia Russell McCullers, M.S., Information Coordinator/Assistant Managing Editor

Thomas H. Gough, B.A., Technical Editor

Barbara A. Hatfield, A.A., Copy Editor/Research Assistant

Keith W. Stanger, A.A., Graphics Designer

Heidi Volf, B.A., Copy Editor/Research Assistant

Carleen H. Wallington, M.S., Copy Editor/Research Assistant

**Tobacco Control Policies Project, University of California San Diego,**  
San Diego, CA

Christy M. Anderson, B.S., Statistician

Maureen Arnn, B.S., Project Assistant

Robert W. Davingnon, M.S., Production Editor

Victoria L. Dirac, B.A., Project Assistant

Kathryn B. Gower, B.A., Statistical Assistant

Jacqueline M. Major, M.S., Statistician

Melissa L. Sage, B.A., Project Assistant

Jerry W. Vaughn, B.S., Programmer/Analyst

Kristina M. Webb, Project Assistant

**HOW THIS MONOGRAPH WAS PREPARED** This volume is the ninth in the series of Smoking and Tobacco Control monographs published by the National Cancer Institute (NCI) since their inception in 1991. One of the major reasons for establishing the monograph series was to provide a mechanism for the rapid, systematic, and timely dissemination of information important to the research and public health communities about emerging issues in smoking and tobacco use control. While the focus of the monographs has primarily centered on topics related to public health interventions, this volume is somewhat of a departure in that it is the first comprehensive examination of what we know about current trends in cigar use and resultant health implications.

*CIGARS: Health Effects and Trends*, is being published, in part, because of the growing and sustained interest in cigars as reflected by the countless inquiries received over the past two years about the topic by NCI's Office of Cancer Communications.

Prior to 1994, smoking of cigars had declined by 60 percent in the United States, a downward trend which started in the mid-1960's. Surveys conducted from the mid-1950's through the early 1990's confirmed that cigar smoking was declining. The public health community assumed, incorrectly it now appears, that cigar smoking would continue to decline in popularity and did not warrant further investigation. But starting in the early 1990's, the downward trend in cigar use began to reverse; and between 1993 and 1997, cigar consumption increased almost 50 percent with consumption of large, premium cigars increasing nearly 250 percent.

Public interest, spurred by new magazines devoted entirely to cigars and cigar smoking, and the social environment that cigar smoking purportedly involves, was enough to rapidly increase the consumption of cigars. Unfortunately, the public has been led to believe that cigar smoking is far less of a threat to an individual's health than cigarette smoking simply because it is a cigar. The present monograph is an attempt to dispel this misconception and put the risks of cigar smoking into their proper context.

The Smoking Tobacco and Control Program (STCP) staff continually monitors the consumption of all forms of tobacco products, and consequently, the recent interest and increased consumption of cigars was considered important enough to the nation's health to prepare a health oriented publication regarding cigar smoking.

Once the decision was made by the STCP Coordinator to look into the matter of cigar smoking, a broad outline was developed showing the major chapters or topics to be covered in the monograph. A three-person scientific editorial team was established, consisting of the Senior Scientific Editor, David M. Burns, Professor of Medicine, University of California San Diego, California, and two

Consulting Scientific Editors, Dietrich Hoffmann, Associate Director, American Health Foundation, Valhalla, New York, and K. Michael Cummings, Senior Research Scientist, Roswell Park Cancer Institute, Buffalo, New York. After a more detailed outline was developed, potential authors were identified and contacted to determine their willingness to write individual chapters or sections of the monograph.

A one-day meeting was convened in the Washington, D.C. area in February 1997 involving the entire monograph team. Each lead author presented an overview of his/her assignment, including how they proposed approaching their particular chapter, potential sources to be used, the need for primary or secondary data analysis, and gaps or overlaps in coverage. Discussions and recommendations followed each presentation.

**PEER REVIEW** Preliminary draft chapters were delivered to the NCI approximately 4 months following the initial meeting in Washington. The senior scientific editor, in consultation with the other science editors, reviewed all chapter drafts for scientific and technical content and advised authors if revisions were needed. All chapter drafts were distributed to two or more outside experts knowledgeable in the subject area of the chapter. All review comments received were considered and a new iteration of the monograph was generated. The revised version of the entire monograph was sent to a select list of 12 senior level reviewers as well as to a number of Public Health Service agency heads, for review and comments. All comments received from this review cycle were also integrated and a third version of the volume was generated. A total of 30 outside experts participated in the peer review.

*CIGARS: Health Effects and Trends* was the work of dozens of individuals, and is organized into 8 chapters:

Chapter 1: Cigar smoking: Overview and current state of the science.

Chapter 2: Trends in cigar consumption and smoking prevalence.

Chapter 3: Chemistry and toxicology.

Chapter 4: Disease consequences of cigar smoking.

Chapter 5: Indoor air pollution from cigar smoke.

Chapter 6: Pharmacology and abuse potential of cigars.

Chapter 7: Marketing and promotion of cigars.

Chapter 8: Policies regulating cigars.