



Get the Facts on Bidis...Are Bidis safer to smoke than cigarettes?

Bidis are small, thin, hand rolled cigarettes imported to the United States primarily from India and other Southeast Asian countries. They are made up of tobacco wrapped in a tendu or temburni leaf (plants native to Asia), and may be secured with a colorful string at one or both ends. Bidis are often flavored (e.g., chocolate, cherry, and mango).

Very little research has been done on the health effects of bidi smoking in the US, however research studies from India indicate bidi smoking is associated with cancer and other health conditions.

It is important to know:

- Smoke from a bidi contains **3 to 5 times** the amount of nicotine as a regular cigarette and places users at risk for nicotine addiction.
- Bidi smoking increases the risk for oral cancer, lung cancer, stomach cancer and esophageal cancer.
- Bidi smoking is associated with a more than threefold increased risk for coronary heart disease and heart attack.
- Bidi smoking is associated with emphysema¹⁰ and a nearly fourfold increased risk for chronic bronchitis.

CDC, 2009