



Get the Facts on Kreteks...Are clove cigarettes less harmful to smoke?

Kreteks are often referred to as clove cigarettes and are imported from Indonesia and typically contain a mixture of tobacco, cloves and other additives.

Very little research on the long-term health effects of kreteks has been done in the United States; however, research in Indonesia indicates that kretek smoking is associated with lung problems.

Important facts to know:

- Kretek smoking is associated with an increased risk
- Kretek smoking is associated with an increased risk for **acute lung injury** (i.e., lung damage that can include a range of characteristics such as decreased oxygen, fluid in the lungs, leakage from capillaries, and inflammation), especially among susceptible individuals with asthma or respiratory infections.
- Regular kretek smokers have 13 to 20 times the risk for **abnormal lung function** (e.g., airflow obstruction or reduced oxygen absorption) compared with nonsmokers.

Smoking clove cigarettes can lead to severe health consequences; the following health problems have been associated with clove cigarettes:

- Bronchitis
- Difficulty breathing
- Hemoptysis (i.e., coughing up blood)
- Pneumonia
- Respiratory infection

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