



Hookahs are a dangerous practice!

Also known as shisha, nargile, argille, goza, water-pipe, or hubble bubble

A hookah is a water pipe used to smoke tobacco through cooled water. Hookah tobacco is often fruit flavored, such as apple and strawberry: other flavors include cola, spiced or cappuccino. Over the past several years hookahs have been gaining popularity in the U.S. and, because of this, many damaging health effects are being discovered.

What's so bad about hookah?

In a 60-minute hookah session, smokers are exposed to 100-200 times the volume of smoke inhaled from a single cigarette.

The health risks of smoking tobacco through a hookah include major health problems, such as:

- Lung cancer
- Lip, tongue and mouth cancer
- Emphysema
- Esophagus and Larynx cancer
- Cardiovascular disease

Sharing mouthpieces without sanitizing them can increase the risk of spreading:

- Colds
- Bacterial infections
- Hepatitis
- Tuberculosis
- Oral Herpes

Even those who use their own mouthpiece are not completely free from catching communicable diseases. The hose of the hookah harbors bacteria from each user. You never know what diseases other hookah users have left behind for you.

What's in hookah smoke?

Nicotine

Hookah tobacco contains 4 times the addictive drug nicotine than cigarettes.

Tar

Tar is used to construct roads and is often used in roofing.

Heavy Metals

Hookah smoke is known to contain high levels of arsenic, lead, and nickel.

Carcinogens

The concentration of cancer-causing agents is 5 times greater than in cigarettes!

Doesn't the water filter the smoke?

The water does **not** filter the smoke and make it free of harmful substances. Even after passing through water, tobacco smoke still contains high levels of toxic compounds, including carbon monoxide, heavy metals and cancer-causing chemicals. The smoke is merely cooled by the water and forces the smoker to inhale deeper. Diseases, such as lung cancer, then develop deeper in the lungs.

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