



Hookah Facts

“Smoking a Hookah is smoking tobacco.”¹

What is a Hookah?

- “A hookah is a water pipe used to smoke tobacco through cooled water. The tobacco which is heated in the bowl by charcoal at the top of the hookah. The smoke is then filtered through the water in the base of the hookah before inhaled.”²
 - The water does not filter chemicals out of the smoke. The cooling process actually forces a hookah smoker to inhale twice as deep as a cigarette smoker which causes harmful elements to penetrate deeper in the lungs.¹
 - The charcoal contains three times more carbon monoxide than cigarettes, inhaling this can create serious breathing problems.¹
- Some alternate names for hookahs are water pipe, goza, hubble-bubble, borry, arhile, and narghile.²
 - The variety of these names comes from all of the different languages of the cultures that created them.³

What is Shisha?

- “Shisha is the tobacco smoked in a hookah. It is a very moist and sticky tobacco that has been soaked in honey or molasses.”²
- “There are a variety of flavors including apple, plum, coconut, mango, and strawberry.”²
- Although fruit flavors are the most common, there is also caramel and mint flavors.³
- When walking into a Hookah shop, fruit is the first thing that is being smelt not smoke, therefore many young people believe it to not be bad for them and are highly attracted to it.³

Is Hookah a new thing?

- No, hookah is a tradition that dates back at least 500 years. It originated in the Middle East regions of the world. The first use is cited to be in Egypt, India, and Turkey.²
- Smoking of the hookah is an old and popular tradition of the Turks traditions.²
- This tradition has now traveled to the United States with more than 300 hookah places in the U.S.²
 - Hookahs can be purchased making this not only a tradition in places but now a tradition at home.³

Some truths on Hookah...

- I. “Smoking tobacco though water does NOT filter out cancer-causing chemicals. Water-filtered smoke can damage the lungs and heart as much as cigarette smoke.”²
- II. “The hookah smoke does NOT burn the lungs when inhaled because it is cooled through the water that is in the base of the hookah. Although the Smoke is cooled, it is still contains carcinogens and is unhealthy.”²
- III. “Just like regular tobacco, shisha contains nicotine as well. Actually, in a 60-minute session, smokers are exposed to 100-200 times the volume of smoke that is inhaled from a single cigarette.”²
- IV. “Compared to a single cigarette, hookah smoke is known to contain:
 - a. Higher levels of arsenic, lead, and nickel.
 - b. 36 times more tar.

- c. 15 times more carbon monoxide.”²
- V. Herbal shisha still exposes the smoker to tar and carcinogens just like an herbal or “natural” cigarette.²
- VI. Smoking of hookah requires taking longer and harder drags. This leads to an increases level of inhaled nicotine and carcinogens in the lungs.²
- VII. The longer the session, the more nicotine and toxins.²
- VIII. It only takes a 45 to 60 minute session for the amount of nicotine and tar to add up to one pack of cigarettes.²

Like cigarettes, Hookah has health risks.

- Cancer
- Heart disease
- Lung damage
- Dental disease²

“Do not think that if you are just visiting a hookah bar, that you are in the clear. There are still high levels of damaging secondhand smoke to all who are present.”²

References

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