

What are Hookah and Shisha?

- A hookah is a water pipe used to smoke tobacco through cooled water. The tobacco is heated in the bowl at the top of the hookah and the smoke is filtered through the water in the base of the hookah.
- Alternate names for hookahs include: water pipe, goza, hubble-bubble, borry, arhile, and narghile.
- Shisha is the tobacco smoked in a hookah. It is a very moist and sticky tobacco that has been soaked in honey or molasses.
- There are different shisha flavors, including apple, plum, coconut, mango, mint, and strawberry.



Did You Know?

- Compared to a single cigarette, hookah smoke is known to contain:
 - Higher levels of arsenic, lead, and nickel
 - 36 times more tar
 - 15 times more carbon monoxide
- The charcoal used to heat tobacco in the hookah increases health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.
- Smoking a hookah requires taking longer and harder drags, increasing levels of inhaled nicotine and carcinogens in the lungs.
- A 45 to 60 minute hookah session exposes an individual to approximately the same amount of tar and nicotine as one pack of cigarettes.
- Sharing mouthpieces without washing them can increase the risk of spreading colds, flu, and other infections—even oral herpes.
- Other health risks from smoking hookah include cancer, heart disease, lung damage, and dental disease. Irritation from exposure to tobacco juices increases the risk of developing oral cancers.
- People exposed to secondhand smoke at hookah bars are also at risk for harmful health effects.
- Babies born to women who smoked one or more water pipes a day during pregnancy have lower birth weights (weigh at least 100 fewer grams) than babies born to women who do not smoke, and are at a higher risk of respiratory diseases.

FREE help is available to quit smoking!

Call 1-866-NEW-LUNG (639-5864) to receive free services.

Sources: - Tobacco Facts: Hookah., The Bacchus Network. Retrieved from <http://www.tobaccofreeu.org/pdf/Hookah.pdf>
- Hookahs. The Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs.htm



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