



# Hookah

At a  
Glance



## What is it?

- ◆ Hookahs are water pipes that are used to smoke specially made tobacco that comes in different flavors
- ◆ Although many users think it is less harmful, hookah smoking has many of the same health risks as cigarette smoking
- ◆ Hookah smoking is typically done in groups, with the same mouthpiece passed from person to person
- ◆ Many electronic hookahs (e-hookahs) look just like real cigarettes or pipes, while others may resemble pens or USB memory sticks
- ◆ Hookah smoking is NOT safer than cigarette smoking, the tobacco is no less toxic in a hookah pipe than in a cigarette
- ◆ Hookah smokers are exposed to more carbon monoxide and smoke than cigarette smokers



## How is it used?

Hookah is smoked (inhaled) through different instruments, a few include:

**Hookah:** Specifically made tobacco is heated, and the smoke passes through water and is drawn through a rubber hose to a mouthpiece

**E-Hookah:** When inhalation occurs, the atomizer heats up e-liquid in the pen creating a vapor that is breathed in

## What are the side effects?

While research about hookah smoking is still emerging, evidence suggests that it poses many dangers including, but not limited to the following:

- ◆ Hookah smoke contains high levels of toxic compounds including tar, carbon monoxide, heavy metals, and cancer causing chemicals.
- ◆ Like cigarettes, smoking hookah is linked to lung, bladder and oral cancers, heart disease, and other serious illnesses
- ◆ Hookah smoking delivers about the same amount of nicotine as cigarette smoking, possibly leading to tobacco dependence
- ◆ Hookah smoke poses dangers associated with second hand smoke
- ◆ Hookah smoking by pregnant women can result in low birth weight and increased risk for respiratory diseases in the baby
- ◆ Hookah pipes used in hookah lounges and bars may not be cleaned properly, this increases the risk of spreading infectious diseases, including hepatitis and herpes,

## Other Names

There are many other names

- ◆ Narghile
- ◆ Argileh
- ◆ Shisha
- ◆ Hubble-Bubble
- ◆ Goza
- ◆ Electronic Hookah (E-Hookah)



## Did you Know?

- ◆ Hookah and e-hookahs are sold in flavors that appeal to kids and teens, such as chocolate and key like pie. This could lead to more nicotine addiction in kids and teens
- ◆ Teens who use hookah and e-hookah may be more likely to smoke later in life
- ◆ Hookahs, like cigarettes, contain tobacco and studies have found that smoking hookah can lead to the same illnesses/diseases caused by cigarettes and tobacco use. These include: oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function, and decreased fertility
- ◆ An hour long hookah session involves 200 puffs, while smoking an average cigarette involves 20 puffs
- ◆ Some newer hookah products such as steam stones and hookah pens have very little information available about health risks of these products because they are still so new
- ◆ Hookah products are not currently regulated by the FDA., and therefore may contain unknown chemicals and additives, some products claim to have no nicotine, but in reality do contain nicotine