

Höökäh

Facts that might surprise you!



A hookah, also known as a waterpipe, narghile or shisha, is a single or multi-stemmed instrument for smoking sweetened, flavored tobacco. The user inhales through a hose which pulls air over burning charcoal, heating the tobacco and creating smoke.

Due to sustained inhalation over a prolonged period, a hookah smoker may consume as much smoke as 100 cigarettes in a single session!¹



Proven Facts:

- A single session of hookah use can produce between 1 and 50 cigarettes worth of toxic exposure.²
- Compared to smoking a single cigarette, which typically lasts 5 minutes in duration, a hookah session can last up to an hour.³
- On average, one puff off the hookah is approximately equivalent to an entire cigarette in terms of total smoke volume inhaled.⁴
- Hookah smoke contains many of the same carcinogens as cigarette smoke⁵ and has been associated with heart disease, cancer, nicotine dependence and decreased pulmonary function.⁶
- Hookah use has also been associated with gum disease⁷, infertility and low birth weight.⁸
- In addition to containing many of the same chemicals as cigarettes, the charcoal used in heating the tobacco used for hookah releases higher amounts of carbon monoxide.⁹
- Use of hookah is increasing worldwide and is viewed by health officials as a “global tobacco epidemic”.¹⁰
- Hookah use has spread rapidly in youth culture, with the majority of hookah lounges popping up near college campuses.¹¹ In 2011, 18.5% of high school seniors reported hookah use during the past year.¹²
- Sharing a hookah mouthpiece or improper sterilization of the hose may contribute to the spreading of diseases such as Hepatitis C, Tuberculosis, Epstein-Barr Virus, Herpes Simplex and other respiratory viruses.¹³

For more information on how to quit call: 915-534-QUIT | www.setyourdate.org

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