## HOCKans

## and

# Health

### WHAT IS A HOOKAH?

A hookah is a pipe used for smoking

tobacco.

#### Also called:

- Water pipe
- Narghile
- Shisha
- Hubble bubble



Resource: Quackenbush, Marcia. "Hookahs", 2006, ETR Associates.

### Hookahs... what's the risk?

#### - Toxins

 No matter in what form you use tobacco, you are allowing toxins and nicotine to enter your system. Some of the toxins are much more potent with a hookah than with a cigarette or cigar.

#### - Health Problems

- Hookah smokers are at greater risk for cancers, heart disease, lung problems, etc., because more smoke is inhaled during a hookah session than when smoking a cigarette or cigar.

#### - Infections

- Colds, flu, and even herpes can be spread by a shared mouthpiece.

## Kicking the Habit

 Like cigarette smokers, not everyone who smokes a hookah becomes addicted.

Addictions to nicotine can happen slowly or quickly,

depending on the person.

 If you have an addiction to nicotine, and want to quit, Ball State's Health Education offers smoking cessation classes. Visit www.bsu.edu/yourhealth for more information.



# MYTH OR FAC.

MYTH: Hookah tobacco contains fruit, so it's healthy!

FACT: Tobacco is never healthy, that sweet flavor is merely covering up the toxins.





MYTH: The toxins and tar in the tobacco are filtered out by the water.

FACT: Hookah smoke has high amounts of carbon monoxide, tar, nicotine, and heavy metals—sometimes more than cigarettes.

MYTH: Water-cooled smoke doesn't hurt you.

FACT: The smoke might feel mild, but still does damage to your lungs, heart, and other organs.



MYTH: Hookah smokers don't get addicted.

**FACT: Like anyone who** 

uses tobacco, hookah smokers can get addicted. They may smoke hookah more often, or rely on other tobacco products to satisfy their cravings.



## BY THE NUMBERS

- A person inhales 10 times more smoke from a puff on a hookah pipe than from a puff on a cigarette.
- A hookah smoker inhales 8 times more



carbon monoxide and 36 times more tar in a typical session than someone who smokes one cigarette.

## DON'T BF FOOI FD BY THE HOOKAH HYPFI

### For more information

- The Mayo Clinic www.mayoclinic.com
- Columbia University www.goaskalice.com
- Centers for Disease Control www.cdc.gov
- American Lung Association www.lungusa.org
- American Cancer Society www.cancer.org

