Hookahs
and
Health
WHAT IS A HOOKAH?

A hookah is a pipe used for smoking tobacco.

Also called:
- Water pipe
- Narghile
- Shisha
- Hubble bubble

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
FACT
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 BE FOOLLED BY THE HOOKAH HYPE!
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