

SO WHAT IS HOOKAH?

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.

A BIT OF HISTORY...

The hookah tradition, dating back at least 500 years, originated in the Middle East regions of the world. Countries cited for the first use include Egypt, India, and Turkey. Smoking the hookah is one of the oldest, most popular Turkish traditions. The tradition has traveled to the United States and today there are more than 300 hookah establishments in the U.S.

Adapted from the Bacchus Network
Top Facts: Hookahs Smoking a Hookah is Smoking Tobacco

Hookah Myths and Truths

MYTH #1:

Hookah smoke is filtered through water so it filters out harmful ingredients.

TRUTH #1:

Smoking tobacco through water does not filter out cancer-causing chemicals. Water-filtered smoke can damage the lungs and heart as much as cigarette smoke.

MYTH #2:

Inhaling hookah smoke does not burn the lungs, so it is not unhealthy.

TRUTH #2:

The hookah smoke does not burn the lungs when inhaled because it is cooled through the water in the base of the hookah. Even though the smoke is cooled, it still contains carcinogens and it is still unhealthy.

MYTH #3:

Herbal shisha is healthier than regular shisha.

TRUTH #3:

Just like smoking herbal or "natural" cigarettes, herbal shisha exposes the smoker to tar and carcinogens.



MYTH #4:

Smoking a hookah is not as addictive as smoking a cigarette because there is no nicotine.

TRUTH #4:

Just like regular tobacco, shisha contains nicotine. In fact, in a 60-minute Hookah session, smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.

Shisha is the very moist and sticky tobacco that has been soaked in honey or molasses and is smoked in a hookah. There are a variety of shisha flavors including apple, plum, coconut,

MYTH #5:

Shisha tobacco contains fruit, so it is healthier than regular tobacco.

TRUTH #5:

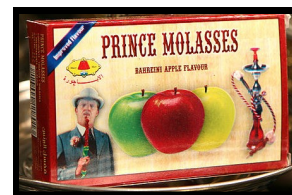
Tobacco is tobacco, no matter what. Shisha is often soaked in molasses or honey and mixed with fruit, but it still contains cancer-causing chemicals and nicotine.

MYTH #6:

Smoking hookahs are healthier than smoking cigarettes.

TRUTH #6:

Hookah smoke is just as dangerous as cigarette smoke. Hookahs generate smoke in different ways: cigarette smoke is generated by burning tobacco, while hookah smoke is produced by heating tobacco in a bowl using charcoal. The end product is the same—smoke, containing carcinogens.



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, and 15 times more carbon monoxide than cigarettes. This is because smoking a hookah requires taking longer and harder drags, increasing

levels of inhaled nicotine and carcinogens in the lungs. The longer the hookah session, the more nicotine and toxins one takes in. A 45 to 60 minute hookah session can expose the smoker to approximately the same amount of tar and nicotine as one pack of cigarettes.

Although you may be hanging out in a hookah bar, but not smoking, you are still exposed to secondhand smoke. If you do choose to use, remember that sharing mouthpieces without washing them can increase the risk of spreading colds, flu, and infections—even oral herpes.