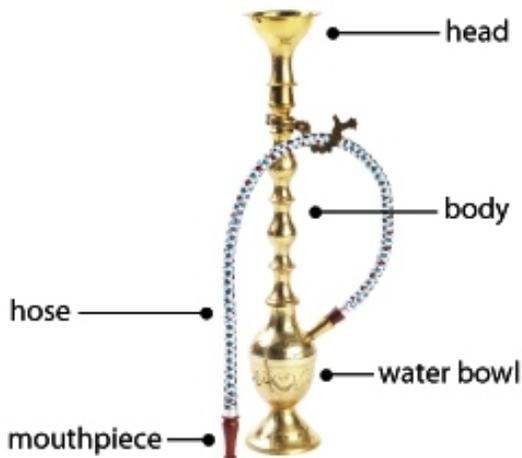


TOBACCO

Facts

Hookah

- Hookahs are sometimes called water pipes and are used to smoke specially made tobacco that is available in a variety of flavors such as apple, mint, cherry, chocolate, licorice and watermelon.^{1,2}
- Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.^{1,2,3,4}



- Hookahs originated in ancient Persia and India and have been used extensively for centuries.^{1,2,3,4} In recent years there has been an increase in hookah use around the world, most notably with youth.^{1,2,3} An estimated 300 hookah cafes operated in the United States in 2006, and the numbers continue to grow.^{1,2,4} Hookahs are known by a number of different names, including narghile, argileh, shisha, hubble-bubble and goza.
- While many hookah smokers may consider this practice less harmful than smoking cigarettes, hookahs carry many of the same health risks as smoking cigarettes.^{1,2}
 - Hookah smoking delivers nicotine and it is at least as toxic as cigarette smoke.²
 - Due to the mode of smoking, including frequency of puffing depth of inhalation and length of smoking session, hookah smokers may absorb higher concentrations of the toxins found in cigarette smoke.^{1,2}
 - A typical one-hour long hookah smoking session involves inhaling 100 to 200 times the volume of smoke inhaled from a single cigarette.⁴
 - Hookah smokers are at risk for the same kinds of diseases as are caused by cigarette smoking, including oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function and decreased fertility.^{3,4}
- Even after it has passed through water, the smoke produced by hookah contains high levels of toxic compounds including carbon dioxide, heavy metals and cancer causing chemicals.⁴
- Hookah tobacco and smoke contain numerous toxic substances known to cause clogged arteries and heart disease.^{1,4}
- Secondhand smoke from hookahs poses a serious risk for nonsmokers, particularly because it contains smoke not only from the tobacco but also from the heat source (e.g., charcoal) used in the hookah.^{1,4}
- Hookahs are not a safe alternative to smoking cigarettes. The best advice for the health of tobacco users is to quit using tobacco. Eliminating tobacco use improves your health and saves you money. For help with quitting, contact NDQuits by calling 1.800.QUIT.NOW (1.800.784.8669) or visiting www.ndhealth.gov/ndquits.

Adapted from U.S. Centers for Disease Control and Prevention (CDC) fact sheet on hookahs

Sources:

¹ American Lung Association. An Emerging Deadly Trend: Waterpipe Tobacco Use Exit Notification. (PDF–222 KB) Washington: American Lung Association, 2007 [accessed 2013 June 14].

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⁴ Cobb CO, Ward KD, Maziak W, Shihadeh AL, Eissenberg T. Waterpipe Tobacco Smoking: An Emerging Health Crisis in the United States Exit Notification. *American Journal of Health Behavior* 2010;34(3):275–5 [accessed 2013 June 14].

⁵ U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012 [accessed 2013 June 14].



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