

Hookah “AKA ” “Shisha” – “Narghile” – “Waterpipe” – “Bong”



- Hookah is now becoming much more prevalent on college campuses.
- Most young adults who smoke hookah do not think they are actually smoking tobacco.
- **There is a great misperception that the water in the bowl filters out toxins from the smoke, IT DOES NOT!!**
- Only the mouthpieces are changed when people pass the hookah pipe around, hoses cannot be cleaned thoroughly enough to prevent the spread of diseases.
- **HERPES, TUBERCULOSIS, HELICOBACTER (causes stomach ulcers), ASPERGILLUS (lung fungus), and SWINE FLU AND SEASONAL FLU can be spread through hookah use.**

- One smoking session with a hookah equals the amount of nicotine you would get if you smoked 10 cigarettes.
- **Each session requires 100 inhalations and takes about 30 – 60 minutes.**
- Because there is charcoal that is burned to heat the tobacco, there are extremely high levels of lead, arsenic, chromium, cobalt and nickel (all heavy metals) in hookah smoke. There is evidence that lead causes cancer.
- **Many young adults smoke hookah because it is new and they believe that it is safer than smoking a cigarette. IT IS NOT!!**
- Hookahs deliver a very high dose of nicotine. If someone was not a traditional smoker, they would become addicted to nicotine just from smoking hookah and would have to re-dose themselves with cigarettes, or other forms of nicotine delivery.