Smoking a hookah is smoking tobacco. All tobacco products, whether consumed as cigarettes, spit tobacco, or in hookahs, put your health at serious risk because:

◊ All tobacco products contain the highly addictive drug nicotine. Not everyone who smokes hookah automatically becomes addicted to nicotine, but some become addicted after only a few uses. One study found that 91% of weekly hookah smokers and 51% of daily hookah smokers said they could not quit.

◊ Tobacco smoke contains more than 4,000 chemicals, including ammonia, arsenic, carbon monoxide, and mercury. Hookah smoke contains even more potent levels of some of the most dangerous toxins.

◊ Smoking any tobacco product can cause cancer, heart disease, and lung disease. The risk of gum disease is five times higher among hookah smokers than nonsmokers.
Puffing a Hookah can put more nicotine in your system than puffing a cigarette.

A World Health Organization advisory estimates that in one 60-minute session hookah smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.

As a result, hookah smoking, plus exposure to secondhand smoke, may put up to 70% more nicotine in your system.
Smoking tobacco through water does not filter out cancer-causing chemicals.

Compared to smoke from a single cigarette, hookah smoke is known to contain:

◊ Significantly higher levels of toxic heavy metals such as arsenic, lead, and nickel.

◊ 36 times more tar.

◊ 15 times more carbon monoxide.
Hookah tobacco can be soaked in molasses or honey and mixed with fruit pulp. It can also be mixed with a wide variety of flavorings, including:

- Apple
- Coconut
- Mango
- Mint
- Strawberry

No matter what the flavoring, remember that you are still smoking tobacco.
Hookahs generate smoke by heating tobacco in a bowl using charcoal, cigarette smoke is generated by burning tobacco.

While hookah smoke has been found to be at least as toxic as cigarette smoke, two factors can make it even more harmful:

◊ The temperature required to heat the moistened tobacco in a hookah to produce its dense, flavorful smoke can generate cancer-causing chemicals called nitrosamines.

◊ The smoldering charcoal in a hookah can add carcinogenic hydrocarbons and heavy metals to the smoke.
A Hookah's water-cooled tobacco smoke can damage lungs & hearts as much as cigarette smoke

◊ Studies show that the level of toxic chemicals in hookah smoke is at least as high as in cigarettes, if not higher. Plus, a single puff of hookah smoke lasts about twice as long as a cigarette puff, and the suction pressure required to inhale hookah smoke is about four times that of a cigarette.

◊ Together, these factors can put cancer-causing chemicals deeper into the lungs and keep them there longer—causing more damage.
There are many health risks associated with smoking Hookahs

◊ First, there are risks associated with smoking any type of tobacco—cancer, heart disease, lung damage, and dental disease, for example.

◊ Sharing a hookah with friends also carries the risk of sharing colds, flu, and infections.

◊ There even has been documentation of passing herpes to others via hookahs.
A hookah is also called a water pipe because users smoke tobacco through bubbling water.

**Hookahs are also known as:**
- Goza
- Hubble Bubble
- Narghile
- Shisha
If you are not hooked on hookahs or don’t use them, GREAT! There are many other, healthier ways to get together with friends, relax, and have a good time.

◊ Making popcorn and watching a movie
◊ Going to a free outdoor concert or event
◊ Packing a picnic and walking or biking to a park
◊ Going bowling
◊ Taking a hike or bike ride
◊ Cooking a meal for friends
◊ Playing pool, basketball, tennis, or volleyball
◊ Going to the beach with friends
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