

THE BIG SMOKE SCREEN

Fact or Fiction

Myth #1: Hookah smoke is filtered through water, therefore making it less harmful.

Reality: Even though the tobacco is filtered through water it does not filter out cancer-causing chemicals. When you burn tobacco and produce smoke, it doesn't matter how you smoke it, the end result is always the same. Water-filtered smoke is still damaging.

Myth #2: Since hookah tobacco contains fruit, it is healthier than regular tobacco.

Reality: All tobacco is tobacco, no matter what. Although hookah tobacco is often soaked in molasses and mixed with fruit, it still contains cancer-causing chemicals and nicotine.

Myth #3: Smoking from a hookah is not addicting because it doesn't contain nicotine.

Reality: Many people assume hookah is not addicting but just like regular tobacco in cigarettes; shisha contains nicotine making it just as addicting.

SECONDHAND SMOKE

I'm sure you've heard of secondhand smoke as it relates to cigarettes. But did you know that secondhand smoke from hookah is just as dangerous as cigarettes, it puts nonsmokers at serious risk. That's because it contains chemicals from the tobacco, and the charcoal used in the hookah adds carcinogenic hydrocarbons and heavy metals to the smoke.

"NO THANKS"

How to Say "No" to Smoking Hookah

You might have a few friends who think using hookah is fun or cool, but don't let them influence you. It's not that hard to say "no" after a little practice. Try one of these lines the next time someone asks you to smoke:

- "No thanks. That stuff is worse than cigarettes."
- "Don't you know tobacco gives you cancer?"
- "I'll pass. Hookah smoke makes me cough."

TEST YOURSELF!

What do you know about hookahs? Take this quiz and find out.

1. The name of the tobacco used in a hookah is _____.
a. Hookah juice b. Hubble-bubble
c. Shisha d. Goza
2. Smoking hookah is safer than smoking cigarettes.
a. True b. False
3. Sharing mouthpieces has the potential to spread communicable diseases through saliva.
a. True b. False
4. Fact or Fiction: Smoking hookah can be addictive.
a. Fact b. Fiction
5. Smoking hookah for 1 hour is equivalent to smoking _____ cigarettes.
a. 10 b. 25
c. 50 d. 100

Answers: 1. c; 2. b; 3. a; 4. a; 5. d

HOOKAH



STAY SAFE SERIES

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OUTLOOK CLOUDY

PIPE DREAM

What is a Hookah?

A hookah is a water pipe that is used to smoke specially made flavored tobacco. The tobacco is heated at the top of the hookah and the smoke is filtered through cooled water in the base of the hookah. Smoking hookah is typically done in groups, sometimes the same mouth piece is passed from person to person. Hookahs vary in size, shape and composition but typically they are comprised of a head (with holes in the bottom), a metal body, a water bowl and a flexible hose, or multiple hoses, with a mouthpiece. Hookahs are also referred to as water pipes, shisha, goza, hubble-bubble, borry, argileh, and narghile.

A HISTORY LESSON

The practice of hookah smoking goes back over 400 years ago in ancient Persia and India. What was once just known as a Middle Eastern tradition, hookah has gained popularity worldwide in college towns, bars, lounges and even households. In the United States today, there are over 300 hookah establishments. Young people, ages 18-22, who've never considered themselves smokers, have begun to partake in this social interaction unaware of the dangers it causes to their bodies.

TASTY TERROR

What is Shisha?

Shisha is the name for the tobacco used in hookah. It is usually soaked in molasses or honey and mixed with fruit pulp. It comes in a wide variety of flavors including:

- Apple
- Strawberry
- Mint
- Mango
- Coconut

But it doesn't matter what flavor it is, you're still smoking tobacco!



UP IN SMOKE

The Effects of Hookah Use – Now and Later

Most people know that tobacco is harmful to your body and affects the way you look. Did you know that smoking hookah has similar short-term effects, with a few added surprises? Here's a few:

- Yellow, stained teeth
- Aged, dry skin
- Coughing and choking
- Contagious diseases from sharing mouth pieces
- Carbon Monoxide poisoning

Basically, smoking ages you and harms your appearance, but the long-term effects are even worse. They can include:

- Lung and oral cancer
- Clogged arteries
- Chronic Bronchitis
- Cardiovascular disease
- Emphysema
- Addiction

A SAFER CHOICE?

Hookah vs Cigarettes

We all know smoking cigarettes is bad, but does the same go for smoking hookah? This dangerous trend, which is on the rise, is more damaging than we think. Hookah is often considered fun and harmless but in reality it's no safer than cigarette smoking.

According to the World Health Organization (WHO) the smoke inhaled in a one-hour hookah session is equivalent to smoking 100 cigarettes or more. Due to the method of smoking hookah – including depth of inhalation and the span of the smoking session – hookah users absorb a higher concentration of the toxic chemicals found in cigarette smoke. For example, compared to one cigarette, shisha contains higher levels of arsenic, lead and nickel. It also contains thirty-six times more tar and fifteen times more carbon monoxide! Also, the temperature required to heat the tobacco can produce cancer-causing chemicals called nitrosamines. Some chemicals and heavy metals that are found in hookah tobacco are:

- Arsenic
- Tar
- Lead
- Nickel
- Carbon monoxide
- Nicotine
- Cancer causing carcinogens

If you think you're making a healthier choice by smoking hookah, think again!

ASHLEY'S STORY

Everyone who knew Ashley thought she had the perfect life. She was captain of the dance team, in the National Honor Society and was dating Ben, the most popular guy in school. She just got accepted into the college of her dreams and had a great life ahead of her.

That all changed, though, when Ashley decided to go with her friends to the newest hangout to smoke hookah. Ashley was never into smoking cigarettes but her friends convinced her that hookah was safer than cigarettes. Ashley decided to take a chance that night and the outcome was life changing.

After smoking hookah for about an hour, Ashley immediately felt sick so her boyfriend decided to take her home. As they were walking out, Ashley passed out and hit her head on the sidewalk pavement. Ben rushed Ashley to the hospital and as soon as the doctors saw her they knew what was wrong. Ashley was suffering from carbon monoxide poisoning from smoking hookah.

Ashley was a very intelligent girl, but she didn't realize how dangerous smoking hookah could be. She left the hospital a few days later with no more than a bump on her head, but she was lucky that she wasn't seriously hurt from the carbon monoxide or the fall.

SHARING'S NOT CARING

Chemicals and smoke are not the only things that are bad for you when it comes to hookah. The social aspect of hookah has some scary side effects as well. Sharing mouthpieces has the potential to spread communicable diseases through saliva. Some of these infections include:

- Colds and flu
- Infections
- Hepatitis
- Herpes
- Meningitis
- Tuberculosis

