

The myth of using the hookah:

Smoking the Hookah is a safer alternative to cigarette smoking because the water in the Hookah cleans the tar that is released out of the burning tobacco ash and reduces the harmful effects of some of the carcinogens (cancer causing agents).

The facts:

- * The Hookah, also referred to as the Argileh, Shisha and Water Pipe is the first emerging tobacco trend of the 21st century, according to the American Lung Association.
- * The charcoal used in smoking the Hookah generates higher levels of carbon monoxide, an extremely toxic chemical.
- * Gum disease and tooth loss are more prevalent among Hookah smokers.
- * Sharing the Hookah adds to the risk of respiratory and air-borne bacteria and viruses such as colds, TB and oral infections.*



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Hooked on Hookah

A New
Trend in
Tobacco
Smoking



DID YOU KNOW:

- * A typical 1-hour long Hookah smoking session involves inhaling the equivalent of 100-200 times the volume of smoke inhaled with a single cigarette.**
- * The composition of the tar is likely to differ from that of a cigarette because of the lower temperature at which the tobacco burns in the Hookah tip.
- * Hookah tobacco is often flavored or sweetened making it very appealing to younger people, even people who would not otherwise consider smoking.
 - * Research indicates smoking the Hookah has some of the same health risks associated with cigarette smoking.
 - * Purchasing the flavored tobacco used in Hookah pipes is illegal for individuals under the age of 18.
- * Hookah smoke contains nicotine, tar and heavy metals in alarming quantities. In some cases, exceeding regular cigarette smoke.
- * The secondhand smoke from the Hookah is potentially dangerous because it contains smoke from the tobacco itself as well as the smoke source used to burn the tobacco, according to the American Lung Association.
- * Tar and nicotine are considered to be the primary cause of smoking related diseases, which include cancer of the respiratory track, bladder and heart.
- * Hookah use is found in all cultures, but it is especially popular today on college campuses.
- * Hookah cafés and clubs located in urban cities and near college campuses are hot spots for this social trend.

For more information, visit www.semcaprevention.org

*The Arab Community Center for Economic and Social Services (ACCESS) and The Arab-American Chaldean Council (ACC).

**The World Health Organization.

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