

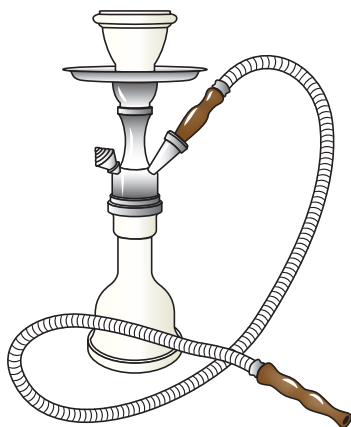


# Hookah Pipes

The hookah pipe is a water pipe that originated in India and Persia over 500 years ago. Hookah is also known by other names such as; hubble-bubble, narghile, shisha and goza. Although hookah pipes vary in size and shape, most have three pieces; a bowl, pipe and hose. Hookah pipes are often used in group settings, and the same mouthpiece may be shared among users. Specially formulated flavored tobacco is typically used in hookah pipes. Hookah pipe smoking is **not** safer than cigarette smoking. Hookah pipe smokers may inhale as much smoke during one session as a cigarette smoker would inhale from 100 or more cigarettes.

## Is Hookah Pipe smoking dangerous?

One session of hookah pipe smoking usually lasts about 45 minutes to an hour and exposes the user to **more** chemicals and carbon monoxide than cigarette smoking. Secondhand smoke from the hookah pipe is extremely dangerous because there are two sources of smoke: the tobacco itself, as well as the hot coals used to burn the tobacco. Teens are eight times more likely to experiment with cigarettes if they have ever used a hookah pipe.



## What are the health risks of Hookah smoking?

Hookah smokers are exposed to many toxic chemicals, some of which are known to cause cancer. Since hookah pipe smoking delivers the same amount of nicotine as cigarette smoking, just like cigarettes, exposure to nicotine from these pipes can lead to addiction resulting in regular tobacco use. Other health risks include:

- Increased risk for many cancers such as the mouth, lung, stomach and bladder
- Increased risk of heart disease and stroke
- Transmission of diseases such as herpes, hepatitis and tuberculosis

Smoking may also affect your ability to have children. Women who smoke may have a decreased ability to get pregnant (decreased fertility). Men who smoke may also develop a decrease in fertility. Babies may also be affected. The babies born to women who smoke the hookah pipe are at increased risk for low birth weight and respiratory problems.

## ACTION STEPS:

- Stop using the hookah pipe
- Do not substitute the hookah with cigarettes, cigars, or any other tobacco product
- Avoid exposure to second hand smoke from any source, including the hookah
- If quitting makes you uncomfortable and you are having cravings to smoke, talk to your health care provider for help in staying smoke-free.

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