

The facts about the first tobacco trend of the 21st century:

# Hookah

Also known as shisha, nargile, arghile, water-pipe, or hubble bubble

The hookah originated in the Middle East. The modern hookah was developed in Turkey. It was and still is used as a part of the middle eastern culture's way of life. Through globalization, the hookah has become a form of social recreation throughout the world. There is no longer the sense of a sacred practice. Now hookahs can be rented at many bars and lounges all over the world. College and high school aged kids are the largest population of hookah smokers.

## Addiction

Hookah tobacco contains 4 times the addictive drug nicotine than cigarettes.

Volume of smoke inhaled in one session is 100-200 times more than one cigarette. The equivalent of chain smoking 15 cigarettes.

Even if smoke is not inhaled, nicotine is absorbed into the body through the lining of the mouth.



## Marketing Tricks

Do not be fooled by the flavored tobacco. All of the harmful substances are still present in the tobacco but are disguised by the fruity smell and taste.

## Health Risks

The hose of the hookah harbors bacteria from each user. You never know what diseases other hookah users have left behind for you. This means using personal mouthpieces is **not** perfect protection.

The health risks of smoking tobacco through a hookah can cause major health problems such as:

Lung cancer

Tuberculosis

Lip, tongue and mouth cancer

Cardiovascular disease

Impotence

Emphysema

Larynx cancer

Hepatitis

Esophagus cancer

Herpes

## Hookah Smoke

The water does **not** filter the smoke and make it free of harmful substances. The smoke is cooled by the water and forces the smoker to inhale deeper. Disease, such as lung cancer, then develops deeper in the lungs.

Concentration of cancer causing agents is 5 times greater than in cigarettes!