

The History of Hookah

Hookah, or waterpipe smoking, is an ancient method of using tobacco that is believed to have originated in India and Persia. While it has been practiced for centuries, there is a social appeal to waterpipe smoking which has become increasingly popular in the U.S.



Many people, who do not smoke or use tobacco in any other way, choose to use hookah because they falsely believe it is not as dangerous or addictive as smoking cigarettes, or cigars or chewing tobacco. Some users say that the flavors infused with the tobacco, like vanilla and wine, aren't as harsh as the taste of a cigarette. Some people even think that because the tobacco is filtered through water in the pipe, there is no health risk in waterpipe smoking.

A study showed that a 45-minute hookah session increased nicotine intake by 250% compared to smoking a cigarette.

All of these beliefs are wrong and research has proven that in many cases, hookah is even more dangerous to your health than cigarettes and other tobacco products. Still, the main reason waterpipe smoking appeals to people seems to be the social aspect.

The Lure of Waterpipes

Hookah bars and cafés lure in people of all ages and cultures, particularly young adults and college students, by promoting waterpipe smoking as an enjoyable group activity. However, waterpipe use has the same health risks as cigarette smoking.

Some other names for hookah:

- **Narghile**
- **Argileh**
- **Shisha**
- **Hubble-Bubble**
- **Goza**

If you aren't a cigarette smoker, using hookah may encourage you to start. People who smoke a waterpipe are **8 times more likely** to use a cigarette. Also, the fact that the mouthpiece is passed around a group of people presents a whole other set of health concerns that should be considered.

FOR MORE INFORMATION

Go to **www.intheknowzone.com** for more information on substance abuse. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.

**Don't stay in the dark.
Get In the Know!**

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HOOKAH

*puffing away
your health*





What is HOOKAH?

It is a type of waterpipe that allows the user to smoke flavored tobacco, called **shisha**, by passing the smoke through a water basin before inhaling.

Modern hookahs typically have a metal body, a head with holes in the bottom to release vapor, a bowl at the top to pass the smoke through liquid like water or wine, and a hose with a mouthpiece attached to the end.

By using flavors, like mint and fruits, in the water bowl, the flavor is not as harsh as other methods of using tobacco, like cigarettes. But just because you can't taste it, doesn't mean it isn't dangerous.

Hookah Cafés

Originally found only in areas with Middle Eastern populations, hookah cafés have increased in number and popularity. While most traditional cafés do not offer alcohol, young adults have encouraged hookah cafés to operate as bars as well.

In the U.S., there are over 300 hookah cafés, in more than two-thirds of the states. This number increases as business owners continue to find people to support their cafés and bars, particularly by using aggressive marketing to young adults.

In areas where laws have been passed to prevent smoking in public places like restaurants and bars, hookah cafés label themselves as tobacco retailers to skirt the local bans on public smoking.

Health Risks

Do not buy into the lie that there are no health risks when you use a waterpipe. Any form of tobacco use is dangerous for you. Tobacco contains the highly addictive drug nicotine, which is even more addictive than heroin.

Hookah tobacco contains as much, if not more, nicotine than a regular cigarette. Because of the method of use, hookah users actually absorb more toxins than cigarette smokers. A 1-hour hookah session will cause 100-200 times more smoke inhalation than smoking one cigarette.

The major health risk difference between hookah and cigarettes is that sharing the mouthpiece increases the spread of

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infectious diseases. The long-term risks for waterpipe use are the same as cigarette use:

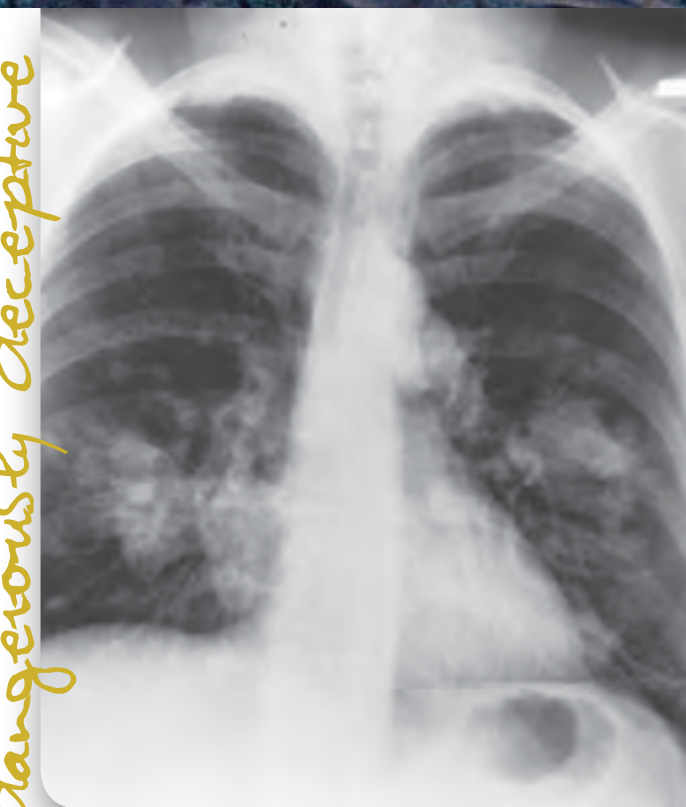
- **Reduced fertility**
- **Reduced lung function**
- **Heart disease**
- **Cancers (lung, oral, esophageal, and stomach)**

Chemistry of Waterpipe Smoke

There is a real danger in using hookah, or simply breathing in its secondhand smoke. A study showed that a 45-minute hookah session increased nicotine intake by 250% compared to smoking a cigarette.

A gram of hookah tobacco has 100 times more tar, 4 times more nicotine, and 11 times more carbon monoxide than a gram of cigarette tobacco. Furthermore, the amount of tobacco used in a hookah session is significantly greater than the amount in a standard cigarette.

Just hanging out in a hookah café puts you at risk for nicotine addiction and health consequences.



Saying No

It might be easy to convince yourself that you should try hookah because your friends use it. You may even think that if you don't go to the café with them, you will miss out on a fun night. The truth is, if you aren't a smoker, using hookah may get you addicted to nicotine. If you are in the room with the smoke, you are exposing yourself to dangerous carcinogens. Avoid hookah cafés, using waterpipes, and encourage your friends to find other places to hang out for a fun night.



health risks

addictive

dangerously deceptive