

# JUST THE FACTS

## Hookah

A hookah is a water pipe that is used to smoke specially made flavored tobacco. The practice of hookah smoking goes back over 400 years ago to ancient Persia and India. Once just known as a Middle Eastern tradition, hookah has gained popularity worldwide in college towns, bars, lounges and even households.



## Identification

### Street Names:

Water pipes, shisha, goza, hubble-bubble, borry argileh and narghile.

### What's it Look Like?

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.

### How's it Used?

Tobacco is heated at the top of the hookah and the smoke is filtered through cooled water in the base of the hookah and then inhaled.

### Facts About Hookah

- The smoke inhaled in a one-hour hookah session is equivalent to smoking 100 cigarettes or more.
- Hookah tobacco contains many heavy metals, including lead and nickel.
- Shisha contains higher levels of arsenic, lead, and nickel than one cigarette.
- Shisha contains nicotine, which makes smoking hookah just as addictive as smoking cigarettes.

## Effects of Smoking Hookah

### Short-term effects:

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



### Effects from sharing mouthpieces:

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

### Long-term effects:

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

## Refusal Tips for Kids

It's not always easy for a kid to keep their cool in the face of peer pressure. Give them a few suggestions on how to say "NO" like:

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

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