Hookah/Shisha

THE

BIG

MYTH

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Public Health
Seattle & King County
Also Known As

- shisha
- nargile
- arghile
- water-pipe
- hubble bubble
The secrets they keep...

Here's what the tobacco industry is hiding in cigarettes.

**Methoprene**
A chemical used to eliminate fleas on your pets.

**Benzopyrene**
You’ll find it in coal tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.

**Nicotine**
Nicotine is an addictive drug and a deadly poison which increases blood pressure and heart rate.

**Acetone**
The tobacco industry refuses to say how acetone gets into cigarettes. It’s one of the active ingredients in nail polish remover.

**Lead**
Lead poisoning stunts your growth, makes you vomit and damages your brain.

**Formaldehyde**
It causes cancer and can damage your lungs, skin and digestive system. Emulsioners use it to preserve dead bodies.

**Tar**
These are some of the harmful chemicals smokers inhale.

**Turpentine**
Turpentine is very toxic. It is commonly used as a paint stripper.

**Propylene glycol**
The tobacco industry claims they add it to keep cheap ‘reconstituted tobacco’ from drying out. But scientists say it aids the delivery of nicotine – tobacco’s addictive drug – to the brain.

**Butane**
Highly flammable, butane is one of the key components of gasoline.

**Cadmium**
It causes damage to the liver, kidneys and brain and stays in the body for years.

**Ammonia**
The tobacco industry says it adds flavour. But scientists have discovered that ammonia helps you absorb more nicotine – keeping you hooked on smoking.

**Benzene**
This cancer-causing chemical is used to make everything from pesticides to detergent to gasoline.
One hour of hookah smoking is equivalent to inhaling up to 200 cigarettes.
Tobacco is Tobacco

Tobacco is the leading cause of preventable death in the world

5.4 million deaths each year

Hookah is NOT a safe alternative to cigarette smoking!
MYTH

Hookah smoke is not as bad as cigarette smoke

FALSE!

11 times more carbon monoxide in hookah smoke than cigarette smoke

69 different carcinogens in hookah smoke
MYTH
Cigarette smoking is more addictive

FALSE!

More than 90% of beginning hookah users believe cigarette smoking is more addictive

4 times more nicotine in hookah tobacco
MYTH
Hookah smoke is less harmful because smoke passes through water which acts as a filter
FALSE!

The water cools the smoke which causes the smoker to inhale deeper
MYTH
I don´t do it everyday so I won´t get addicted
FALSE!

Volume of smoke inhaled in one session is 100-200 times the volume of a single cigarette

More smoke is inhaled over a longer period of time
MYTH

There is no tar in hookah tobacco so that makes it safer to use

FALSE!

Hookah tobacco contains no tar

Hookah smoke contains 100 times more tar than cigarette smoke
Only people who smoke from a hookah regularly get diseases from the hookah

FALSE!

Sharing of mouthpieces increases risk of colds, herpes, oral bacteria infections, hepatitis and even tuberculosis
Health Risks Associated with Hookah Smoking

8 times more likely to develop lung cancer than non-smokers.

- Lip, tongue & Mouth Cancer
- Gum Disease
- Infertility
- Impotence
- Larynx cancer
- Esophagus cancer
- Wrinkles
- Cardiovascular Disease
- Emphysema
- Herpes
- Tuberculosis
- Hepatitis
HIV/AIDS RISK

Matthew Golden, MD
Professor, Division of Allergy and Infectious Diseases
University of Washington
Director, PHSKC STD Control Program

"I think that there is no known risk of contracting HIV via a hookah pipe and that this should not be identified as a risk for HIV transmission"
Secondhand smoke

Because of the smoke from the tobacco and charcoal, secondhand hookah smoke is dangerous

~American Lung Association
Hookah smoking in public places or places of employment is illegal-
Washington Smoking in Public Places Law 2005