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.

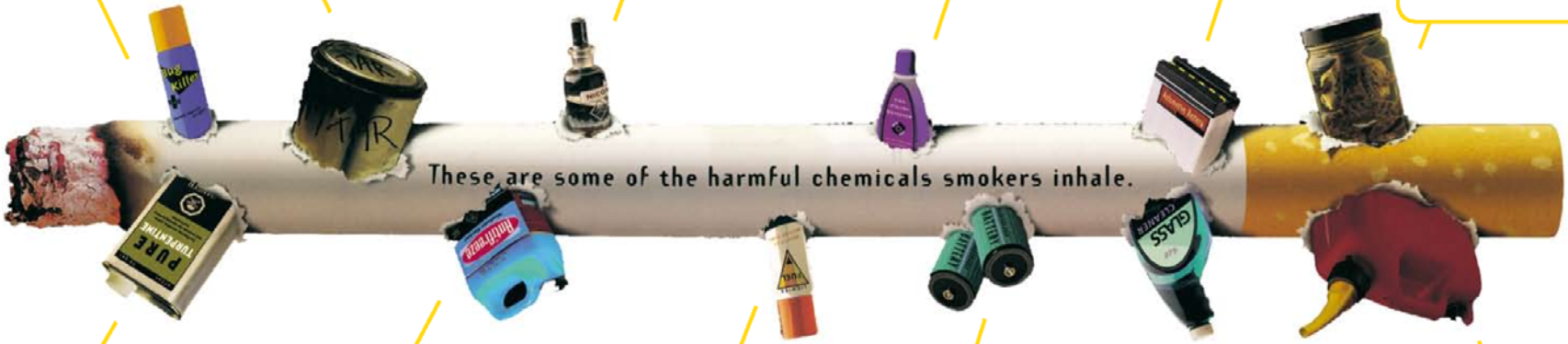
Benzopyrene
You'll find it in coal tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.

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. Embalmers use it to preserve dead bodies.



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.

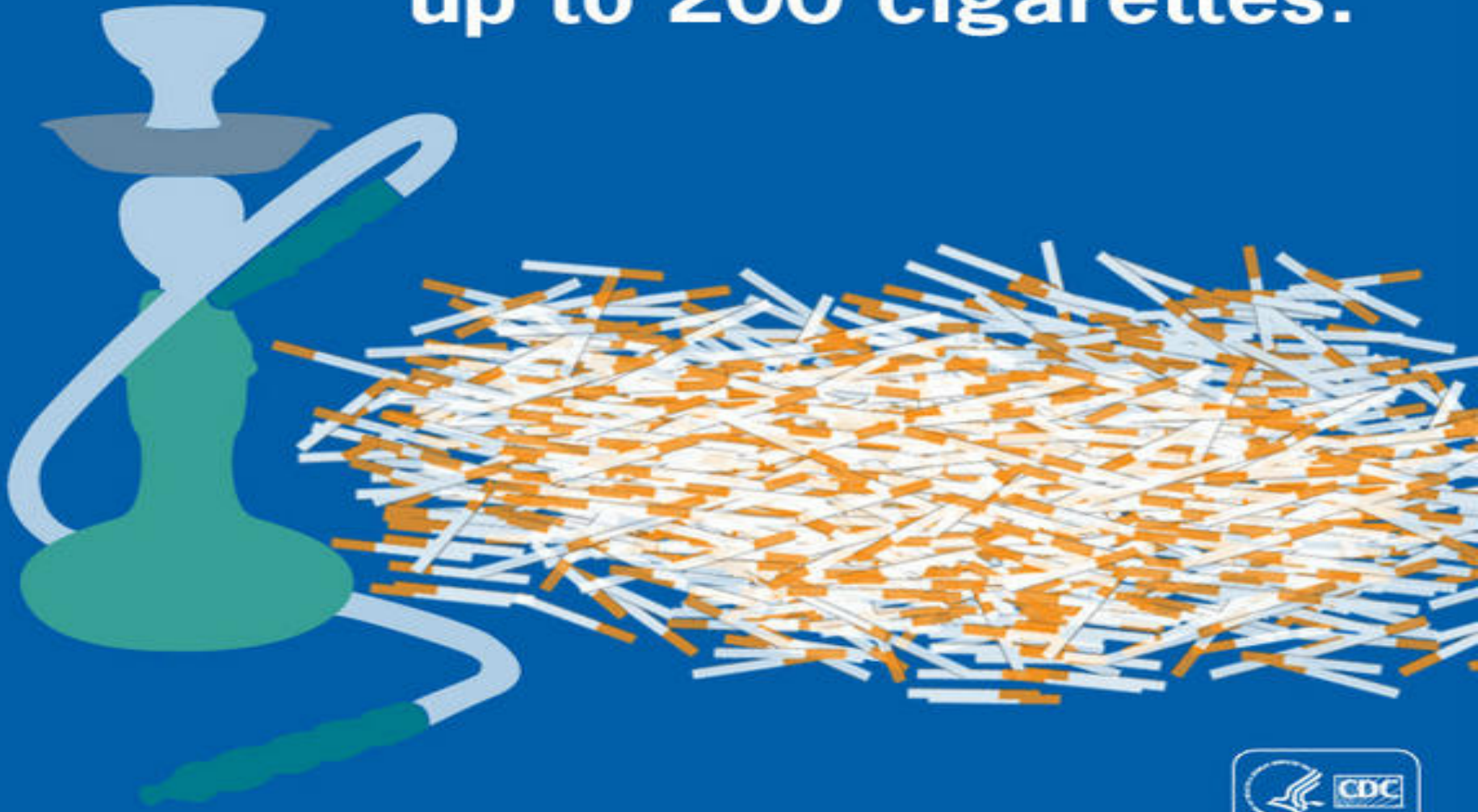
Ammonia
The tobacco industry says it adds flavour. But scientists have discovered that ammonia helps you absorb more nicotine – keeping you hooked on smoking.

Benzene
This cancer-causing chemical is used to make everything from pesticides to detergent to gasoline.

SMARTER than smoking

This poster has been reproduced with permission from the Smarter than Smoking Project (WA).

One hour of hookah smoking is equivalent to inhaling up to 200 cigarettes.



CDC

source: www.cdc.gov

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