

HEALTH RISKS OF HOOKAH



Hookah has been growing in popularity among youth and young adults throughout the United States. Hookahs heat sweetened and flavored tobacco, and the smoke is cooled as it passes through water, which bubbles as users inhale the smoke through a pipe.

Hookah use and exposure to secondhand smoke from hookah pipes can lead to serious chronic health issues,^{1, 2} including:

- Lung, bladder, and gastric cancers
- Heart disease
- Adverse effects during pregnancy
- Impaired pulmonary function
- Chronic obstructive pulmonary disease
- Esophageal and oral cancers



EVEN SHORT-TERM HOOKAH USE IS ASSOCIATED WITH INCREASED HEART RATE, BLOOD PRESSURE, REDUCED PULMONARY FUNCTION AND CARBON MONOXIDE INTOXICATION.²

Despite common misconceptions, hookah is not a safe alternative to cigarettes or other tobacco products.

1 HOUR 

HOOKAH SESSION

as much smoke as

100+ CIGARETTES⁵

and releases as many carcinogens and toxic substances as up to

10 PEOPLE SMOKING CIGARETTES⁷

Hookah smoke contains a number of carcinogens, such as arsenic, cobalt, chromium, lead, and carbon monoxide.^{1, 3, 4}

Hookah users can be exposed to sufficient doses of nicotine to lead to addiction.^{5, 6}

Unlike cigarettes, hookah smoke may also contain charcoal or wood cinders that also produce potentially dangerous and carcinogenic toxins.⁵

The science is clear. There is no safe level of exposure to secondhand smoke, including smoke from hookah pipes.

¹ U.S. Department of Health and Human Services (HHS). *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012.

² El-Zaatari, ZM, et al. "Health effects associated with waterpipe smoking." *Tobacco Control*, 24 (S1): i31-i43, 2015.

³ Maziak W, Ward KD, Afifi Soweid RA, Eissenberg T. Tobacco Smoking Using a Waterpipe: A Re-emerging Strain in a Global Epidemic. *Tobacco Control* 2004; 13, 327-333.

⁴ Fromme H, Dietrich S, Heitmann D, et al. Indoor Air Contamination During a Waterpipe (Narghile) Smoking Session. *Food Chem Toxicol* 2009; 47(7): 1636-1641.

⁵ World Health Organization (WHO). Tobacco Regulation Advisory Note. *Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Action By Regulators*. Geneva, Switzerland: World Health Organization, 2005. Available at http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf.

⁶ Schubert J, Hahn J, Dettbarn G, et al. Mainstream smoke of the waterpipe: does this environmental matrix reveal as significant source of toxic compounds? *Toxicology Letters* 2011; 205(3):279-84

⁷ Daher N, Saleh R, Jaroudi E, et al. Comparison of Carcinogen, Carbon Monoxide, and Ultrafine Particle Emissions From Narghile Waterpipe and Cigarette Smoking: Sidestream Smoke Measurements and Assessment of Second-Hand Smoke Emission Factors. *Atmos Environ* 2010; 44(1): 8-14.