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, 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.


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