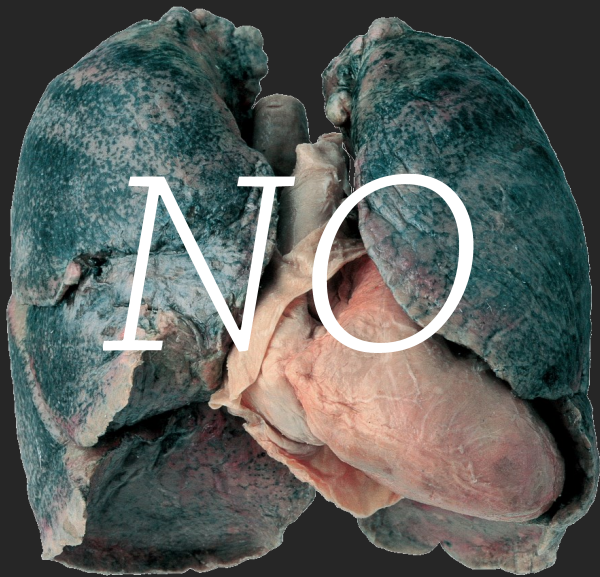


Long
story
short...



For More Information...

For more information on different ways to consume Tobacco products and their effect visit:

⇒ CDC:

<http://www.cdc.gov/tobacco/>

⇒ American Lung Association:

<http://www.lung.org/>

For help quitting smoking contact

1-800-QUIT-NOW

(1-800-784-8669)

Sources:

1. Hookahs. (2015, September 14). Retrieved January 25, 2016, from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/
2. Nixon, B. R. (2010, May 10). 4 Myths About Hookah Health Spur Wide Use. Retrieved January 22, 2016, from <http://www.livescience.com/8227-4-myths-hookah-health-spur-wide.html>
3. How Does a Hookah Work? (2014, July). Retrieved January 23, 2016, from https://www.hookahcompany.com/how_does_a_hookah_work.htm
4. Chan, A. L. (2014, May). The Dangers Of Just One Evening Of Hookah Smoking. Retrieved January 23, 2016, from http://www.huffingtonpost.com/2014/05/27/hookah-health_n_5374558.html

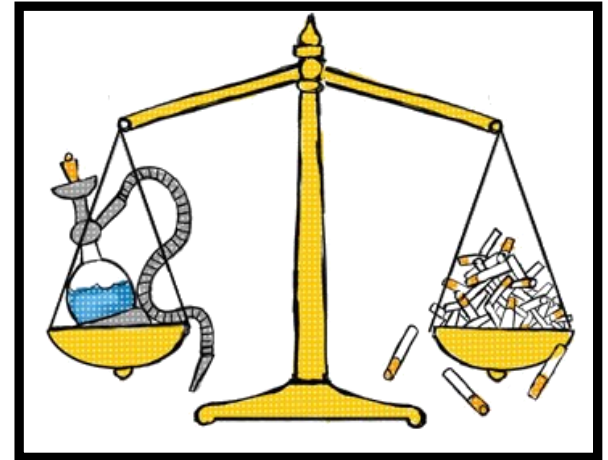
Images:

<http://cigoutlet.eu/wp-content/uploads/2015/02/hookah-vs-cigarettes.jpg>

<https://travelogical.wordpress.com/page/2/>

<http://waleg.com/content/wp-content/uploads/2015/09/Hookah-vs-cigarettes.jpg>

Hookah...



Is it a safe
alternative to
smoking
cigarettes?

“Better than smoking Cigarettes”

A common conception that smoking Hookah is better than cigarettes is false. A typical 60 minute hookah session is the same as smoking 100 cigarettes, !!!!



Amount of smoke inhaled:

One hour Hookah session:

90,000 milliliters

One cigarette:

500-600 milliliters

MYTH: Hookah smoke is filtered through water so it filters out harmful ingredients.

TRUTH: Less than 5% of nicotine is actually filtered out into the water ₂

How does Hookah work?

Below is a diagram of a common hookah set₃

- ⇒ The **vase** is filled with water where the steam is submerged
- ⇒ About 1-4 coals are placed on top of the **bowl** (depending on the hookah size), where the “shisha” is located
- ⇒ By sucking the **hose**, the coals light the “shisha” forcing the steam down to the water in the **vase** and back up out the hose



More Facts!

“It’s harmless.... **Right?**”

“**Everyone’s** doing it!”

“It’s just **hookah**”

“We’re **only old enough** to go to the Hookah Lounge”

Increase of usage in youth 2010-2014₄

High School Seniors: 17-23%

Middle School Students: 1.1-2.5%



Hookah smokers may be at risk for some of the same diseases as cigarette smokers. These include₁

- **Oral cancer**
- **Lung cancer**
- **Stomach cancer**
- **Cancer of the esophagus**
- **Reduced lung function**
- **Decreased fertility**