

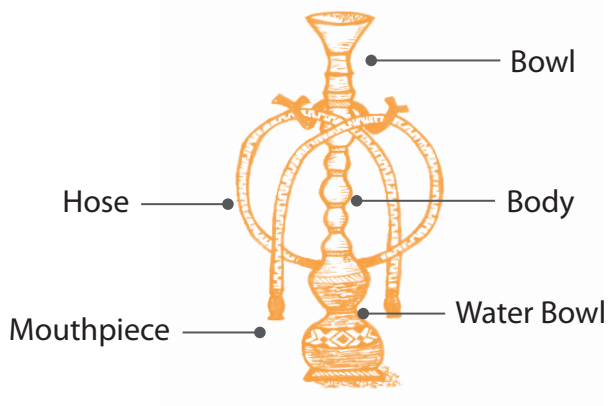
Hookah

What is hookah?¹

Hookah is a water pipe used to smoke tobacco (shisha). Shisha is sweet and comes in flavors like apple, cherry, and mint.

How it Works

- Shisha is put in the bowl at the top
- The shisha is covered with foil that has holes
- Hot coals are put on the foil to heat the shisha
- Users breathe in from a hose that connects to the water bowl
- Smoke goes down the body of the pipe, into the water bowl, and to the smoker



Fast Facts^{1,2}

- Also known as narghile, goza, and hubble-bubble
- Varies in size, shape, and style
- Has one to four hoses
- Most popular among young adults (ages 18-24)
- Often used in special bars or cafes
- Mostly done in groups where users share hoses
- A one hour hookah session has about 200 puffs (one cigarette is about 10 puffs)

Hookah and Health^{1,2}

- Hookah smoke has many of the same health risks as cigarette smoke.
- Even after it goes through water, the smoke has high levels of toxins.
- It can cause lung, bladder, oral, and stomach cancers.
- The smoke can also cause heart disease, lung problems, and fertility issues.
- Smoke from hookah is risky for non-users as well.
- Diseases like hepatitis, flu, and herpes can be passed among users who share hoses.²
- Like tobacco in cigarettes, shisha has nicotine and can get hookah users hooked.

1. CDC (2018). Hookahs.

2. American Lung Association. Hookah Smoking.