THE DANGEROUS TRUTH BEHIND HOOKAH

Habit forming
- Every bit as addictive as cigarette smoking (clevelandclinic.org)
- Water pipe smoking delivers nicotine – the same highly addictive drug found in other tobacco products (CDC)

Oral cancers
- Tobacco liquids from hookahs irritate the mouth and increase the risk of developing oral cancers (CDC)

Other diseases
- Other diseases associated with hookah use:
  - Lung Cancer
  - Cancer of the Esophagus
  - Stomach Cancer
  - Reduced Lung Function
  - Decreased Fertility
  - Bladder Cancer (CDC)

Kills brain cells
- 1 hour-long hookah smoking session = approximately 200 puffs, while smoking an average cigarette = 20 puffs (CDC)

Additional health risks
- Infections may be passed to other smokers by sharing the mouthpiece: Oral Herpes, Tuberculosis (CDC)

High levels of toxic agents
- Charcoal used to heat tobacco products contains high levels of:
  - Carbon monoxide
  - Toxic Metals
  - Cancer-causing Chemicals (carcinogens)

**Even after it is passed through water, the smoke from hookah still contains high levels of toxic agents**

For more information:

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Office on Smoking and Health
E-mail: tobaccoinfo@cdc.gov Phone: 1-800-CDC-INFO

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For more information on the EPWC, please visit: http://web.njms.rutgers.edu/EPWC.