

Hookah

What is hookah?

Hookahs are large, table-top pipes with a mouthpiece attached to a flexible hose. The bottom of the pipe is filled with water. The user inhales the vapor through the water.

Is hookah healthier than cigarettes?

- * The water **can't** remove toxins from the smoke. It only cools it.
- * The smoke is held deeper in the lungs, longer. More tar and poisons get into the body with each drag, compared to cigarettes.
- * Contents of hookah products differ, making it hard to say if one is safer than the other. But it's a fact that no form of tobacco is safe.

How does a hookah work?

- * The bowl is packed with tobacco and flavorants. A small piece of charcoal is placed atop the bowl.
- * Using the mouthpiece, the smoker pulls heat and smoke from the charcoal through the tobacco. This aerosolizes the nicotine, flavoring, and toxins
- * Then it is pulled through the water, cooling it. This allows it to go deep into the lungs.



Why do we care?

- * Hookah smokers still take in nicotine and can become addicted.
- * Smoke from charcoal has a lot of the same poisonous chemicals in it as tobacco, which can cause leukemia, cancer, and other health effects.



Tobacco Prevention Toolkit
Division of Adolescent Medicine, Stanford University
For more information go to:
med.stanford.edu/tobaccopreventiontoolkit.html