



What's All the Hype About Hookahs?

A new trend among young people is to smoke tobacco through a hookah (water pipe). Unfortunately, most hookah users think that this a safe form of smoking. This is not true! Here are the facts:

- ◆ Carbon Monoxide (a poisonous gas that is the result of tobacco smoking) concentrations found in the blood of hookah smokers is up to 8.4 times higher than the levels in cigarette smokers.
- ◆ Nicotine (the addictive chemical found in tobacco) content in water-pipe tobacco is higher than that found in cigarettes.
- ◆ The concentration of cancer-causing and addictive substances in tobacco smoked in hookahs is higher than that of cigarette tobacco.
- ◆ There is 36 times more tar (the sticky substance that damages your lungs when smoking) in hookah tobacco than in cigarette tobacco.
- ◆ One hour of hookah smoking is equal to smoking 15 cigarettes.

Remember, any and all forms of tobacco use can lead to serious health consequences, and is illegal for anyone under the age of 18.

