What is hookah?
Hookahs are large, tabletop 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.

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For more information go to: www.tobaccopreventiontoolkit.stanford.edu