

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.

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.

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.

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.

