

Facts About Hookah

Hookahs, sometimes called water pipes, are used to smoke specially made tobacco.

A typical one-hour long hookah smoking session involves inhaling **100-200 times the volume of smoke** inhaled from a single cigarette.

Secondhand smoke from hookahs poses a serious risk for nonsmokers, particularly because it contains smoke from the tobacco and smoke from the heat source (e.g., charcoal) used in the hookah.

The **charcoal** used to heat tobacco in the hookah **increases the health risks** by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.

Hookah tobacco and smoke contain numerous **toxic substances known to cause lung, bladder, and oral cancers.**



Source: Center for Disease Control, http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/