

HOOKED ON HOOKAH...

5 TIMES MORE
CANCER CAUSING
THAN CIGARETTES

NICOTINE
ADDICTION

100 TIMES
MORE TAR
THAN
CIGARETTES

MOUTH
CANCER

8 TIMES THE
LUNG CANCER
RISK OF
CIGARETTES

INFERTILITY

11 TIMES
MORE CARBON
MONOXIDE
THAN CIGARETTES

IMPOTENCE

4 TIMES MORE
NICOTINE
THAN CIGARETTES

GUM
DISEASE

HERPES

WRINKLES

15 MINUTES = 5 CIGARETTES
ADDICTION NEVER LOOKED SO "EXOTIC".

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www.sacSTAND.org

THE TRUTH ABOUT HOOKAH...

MYTH: Hookah smoke is better for you than cigarette smoke and not addictive.

REALITY: Hookah smoke of various fruity flavors, tastes, and aromas can be even more harmful than disease-causing cigarette tobacco smoke. And, hookah smoke contains four times more nicotine (an addictive drug) than cigarette smoke. Some people can become addicted to nicotine after using any form of tobacco just a few times, including hookah.

MYTH: Smoking hookah is less harmful than cigarettes because the smoke passes through water which filters out the chemicals and other bad stuff.

REALITY: When hookah bubbles through water at the base of a hookah pipe it cools the smoke, but does not filter any chemicals out of the smoke. This “cooling” process forces a hookah smoker to inhale twice as deep as a cigarette smoker which causes chemicals, cancer causing agents, and other harmful elements to penetrate deeper into the lungs. Additionally, the charcoal that is used to burn the tobacco contains three times more carbon monoxide than cigarettes. Inhaling carbon monoxide can create serious breathing problems.

MYTH: Smoking hookah is just so much fun, relaxing, and social. It’s not like I do it every day.

REALITY: Hanging out with friends and smoking hookah may seem fun. However, the reality is 30 minutes of hookah smoking is the same as chain smoking a half a pack of cigarettes. So, even smoking hookah once in a while can lead to addiction. Additionally, when you share mouthpieces you add the risk of getting colds, viruses like herpes, oral bacteria infections, and tuberculosis.

**NO MATTER HOW YOU SMOKE IT,
IT IS STILL TOBACCO**