

HOOKAH MYTHS & REALITIES

REFERENCES

Myth: The water cleans the smoke.

Reality: After the smoke passes through the water in a hookah pipe, **the smoke still contains high levels of toxins** including carbon monoxide, heavy metals, nicotine, and other cancer-causing chemicals.¹

Myth: Hookah is safer than cigarettes.

Reality: Hookah smoking can be just as dangerous as smoking cigarettes.

A 45–60 minute hookah session can be the same as smoking 100 cigarettes.²

Myth: Hookah tobacco has no nicotine.

Reality: Nicotine is a naturally occurring chemical in tobacco.³

Any tobacco smoked in a hookah pipe has nicotine.^{2,4}

Myth: Hookah tobacco is natural.

Reality: Currently, there is no way of knowing what chemicals are added to hookah tobacco.⁵

Regardless, a single session of smoking hookah delivers nearly 2x the nicotine, 8x the carbon monoxide, and 36x the tar of a single cigarette.⁶

Myth: People who smoke hookah aren't smokers.

Reality: You don't have to be a cigarette user to be a "smoker." **If you smoke tobacco, you are a smoker.** And, if you currently smoke hookah but not cigarettes, you are two times more likely to become a cigarette smoker than someone who does not smoke hookah.⁷

References

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