

# Facts About HOOKAH

- **Hookahs**—sometimes called water pipes—are used to smoke specially made **tobacco**.
- 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**.
- A typical 1-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.

\*[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/hookahs/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm)