



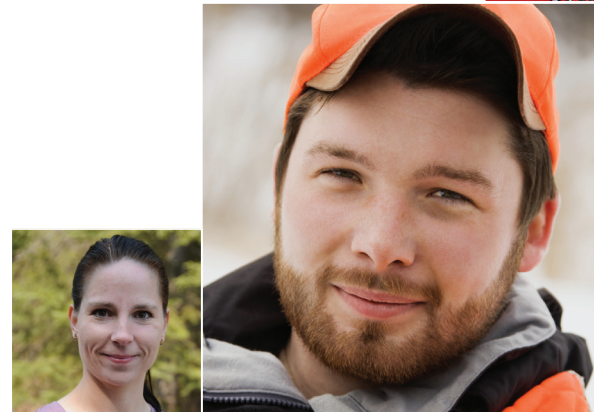
Hookah

What is Hookah?

- Hookah is a water pipe used to smoke flavored tobacco called shisha. Hookah is also known as a water pipe, goza, hubble-bubble, arhile or narghile.
- The tobacco is no less toxic than traditional tobacco but is marketed to young adults by flavoring the tobacco in varieties such as apple, mint, cherry, and chocolate.
- Hookah smoking typically takes place in small groups, with a shared mouthpiece passed from person to person.

Health Effects

- Hookah smoking carries many of the same health risks as smoking cigarettes.
- A typical one-hour hookah session involves inhaling 100 to 200 times the amount of smoke in a single cigarette and approximately the same amount of tar and nicotine as one pack of cigarettes.
- Hookah smokers are at risk for the same diseases caused by cigarette smoking including oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function and decreased fertility.
- Hookah smokers may absorb higher concentrations of the toxins found in cigarette smoke due to the frequency of puffing, depth of inhalation and length of the smoking session.
- Secondhand smoke from hookahs poses a serious risk to nonsmokers.



Tips to Help You Quit

Why Should I Quit?

- Quitting tobacco is the number one thing you can do to improve your health.
- Hookah is NOT a safe alternative to cigarettes or other tobacco products.
- There is no such thing as safe tobacco, and hookah is no exception.
- Hookah smoke contains many of the same harmful chemicals in traditional cigarette smoke: carbon monoxide, tar, arsenic, chromium, cobalt, cadmium, nickel and lead.
- Tobacco has the same addictive properties, which can lead a hookah user to begin using cigarettes or become a dual user of hookah and cigarettes.

How Do I Quit?

- Call Alaska's Tobacco Quit Line! The quit line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

“ I really appreciate the program and everyone involved. The fact that I could use the patches... it took me a couple tries, but I finally did it. The support was there when I needed it and that was really good. If it wasn't for the quit line, I wouldn't be here. ”

— Alaska's Tobacco Quit Line
Caller

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit alaskaquitline.com

