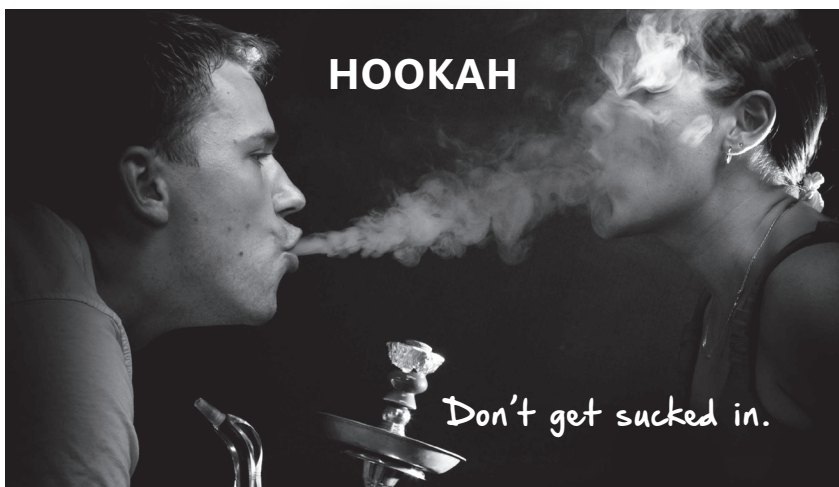


**Hookah is an
'emerging deadly trend'
among young adults,
according to the
American Lung
Association.**



**2.6 million US adults smoked hookah in 2017.
1 in 5 high school seniors have tried hookah.**

- Hookah smokers can get the same diseases as cigarette smokers, such as cancer.
 - There are many cancer-causing chemicals in hookah smoke. These toxic substances can harm your lungs and lead to heart disease or oral, lung, and stomach cancer.
- Hookah puts its users at risk for infectious disease.
 - Hookah pipes can become home to many germs when they are not cleaned properly. Poor cleaning and mouthpiece sharing can lead to the spread of diseases like tuberculosis, hepatitis, and herpes.
- The carbon monoxide in hookah smoke may lead to poisoning and possibly death.
 - Carbon monoxide can enter the body and take the place of oxygen in the blood. This means that important organs like the heart and brain are not getting the oxygen they need.
- Even though hookah started in the Middle East, it has recently become very popular in the United States – especially among 18 to 24 year olds.
 - From 2000 to 2006, 300 new cafés and bars with hookah have opened in and around colleges and universities.
 - Now, more young adults are willing to smoke hookah. However, this can lead to a lifetime addiction to tobacco.



MYTHS	FACTS
Water in the hookah removes toxins in the tobacco smoke.	The water only removes a small portion of the many toxic chemicals found in added hookah flavorings and in tobacco. For instance, it takes out less than 5% of the nicotine from the tobacco smoke.
Hookah smoking is safer than cigarette smoking.	Hookah is more dangerous than cigarette smoking! Smoking hookah can expose you to as much as 1.7 times more nicotine than a single cigarette.
People who smoke hookah are less likely to become hooked on cigarette smoking.	A study found that people who smoke hookah are more likely to start smoking cigarettes, become regular cigarette smokers, and smoke more cigarettes per day.

HOW TO GET HELP

- Ask your doctor or substance use counselor for help quitting.
- Call 1-800-Quit-Now for free help.
- Learn more at www.thoracic.org/patients/patient-resources/resources/hookah-pipes.pdf and www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm
- Explore the resources at www.TakingTexasTobaccoFree.com.

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