What’s In Cigarettes?

There are over 4,000 chemicals found in cigarettes and over 50 of them are cancer causing.

Cigarette Contents:
- Acetone
- Aluminum
- DDT/ Dieldrin
- Formaldehyde
- Hydrogen Cyanide
- Benzene
- Lead
- Methanol
- Carbon Monoxide
- Carbon Dioxide
- Vinyl Chloride
- Cyanide
- Ammonia
- Ethanol
- Arsenic
- Butane
- Cadmium
- Nicotine
- Tar
- Chloroform

What the continents of a cigarette can do to your body:
- Tar:
  A carcinogen (substance that causes cancer)
- Nicotine:
  Addictive and increases cholesterol levels in your body
- Carbon Monoxide:
  Reduces oxygen in the body
- Components of the gas and particulate phases cause chronic obstructive pulmonary disorder (COPD).

In the United States,
24.8 million Men
21.1 million Women are smokers.
Smoking kills around 443,000 people in the US each year.
- Of these deaths, about:
  - 42,800 are from smoking-related cancers
  - 30,600 from cardiovascular disease
  - 29,100 die slowly from emphysema and other chronic lung diseases.

Health Affects of Smoking Cigarettes and Hookah:
- Heart Disease
- Lung Cancer
  - 90% of lung cancer cases are due to smoking
- Skin, esophagus, stomach, kidney, cervix, pancreas, bladder cancer.
- Loss of bone destiny and osteoporosis
- Cancer of the lips, mouth, throat
- Chronic Bronchitis
- Asthma
- Wrinkles
- Stomach ulcers
- Infertility/ Impotence

Hookah vs. Cigarettes
Facts, Misconceptions and Risks

Health Education Office
Center for Student Development
Room 211 #401-254-3413
**What is Hookah?**

- **Hookah** is an instrument used to smoke tobacco in which the smoke is cooled and filtered by passing through water.
- Originated in ancient Persia & India (400 years ago)
- Also called Narghile, Hubble-Bubble, Goza

---

**Fact vs. Fiction**

**Myth #1**: Hookah smoke is filtered through water thus making it cleaner.
**Reality**: Smoking tobacco through water doesn’t filter out cancer-causing carcinogens. It can still damage the heart and lungs as much as normal cigarette can.

**Myth #2**: Inhaling hookah smoke does not burn the lungs.
**Reality**: The hookah smoke does not burn the lungs because it is cooled through water before inhaled. Hookah smoke still contains carcinogens.

**Myth #3**: Smoking hookah is healthier than smoking cigarettes.
**Reality**: Smoking hookah is just as dangerous as smoking cigarettes.

**Myth #4**: Smoking hookah is not addictive.
**Reality**: Just like cigarettes, hookah contains nicotine.

---

**Water-Pipe Setup:**

- **Bowl**: holds the coal and tobacco.
- **Ashtray**: catch ashes falling off the coals.
- **Hose**: tube allows the smoke to be drawn for a distance, cooling down before inhalation.
- **Water Jar/Base**: cools and humidifies the smoke.

---

**Hookah contains:**

- Tar
- Carbon Monoxide
- Heavy Metals
- Nicotine
- Cancer-Causing Chemicals (AKA Carcinogens)

-36x more tar
-15x more carbon monoxide
-70% more nicotine than ONE cigarette

**1 hour** of hookah session can deliver **50 liters** (which is about 13 gallons) of smoke whereas a single cigarette delivers only **0.5 liters of smoke**.

Due to the mode of smoking-including frequency of puffing, depth of inhalation, and length of the smoking session---hookah smokers absorb **higher concentrations** of the toxins found in cigarette smoke.

Average Cigarette smoker takes 8-12 puffs
Average Hookah smoker takes 20-200 puffs

**60 minutes** of hookah is equal to smoking **40-400** cigarettes.

1 hr of hookah exposes the smoker to **100-200x** the amount of smoke inhaled from 1 cigarette.