Tobacco Cessation Opportunities

If you, a friend, or a family member, currently use tobacco in any form and would like help quitting there are many options to help you achieve a tobacco free lifestyle.

Online Resources:
smokefree.gov (sponsored by NCI, NIH, USDHHS, and USA.gov)
American Lung Association
http://www.ffsonline.org/
Military personnel and their families
http://www.ucanquit2.org/
Guide to Quitting Smoking - The American Cancer Society
http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/

Telephone Resources:
1-877-44U-QUIT
Smoking cessation counselors from the National Cancer Institute provide smoking cessation counseling and are available to answer smoking-related questions in English or Spanish, Monday through Friday, 8:00 a.m. to 8:00 p.m.

1-800-QUIT-NOW
This toll-free telephone number connects you to counseling and information about quitting smoking in your state. 800-ACS-2345 - The American Cancer Society's Quitline.

Personal Support:
Please contact your local health department or primary care provider to see what options are available in your community

For More Answers, Contact:
Columbia College
Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University
Counseling Services - 417.873.7419
www.dru.edu/counseling

Evangel University
Counseling Services/Wellness Center - 417.865.2815, ext. 7222
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University
Office of Counseling and Prevention- 314.340.5112

Lincoln University
Student Health Services - 573.681.5476

Maryville University of Saint Louis
Health & Wellness Services - 314.529.9520
www.maryville.edu/studentlife-health.htm

Missouri Southern State University
MSSU Wellness 417.629.9533
www.mssu.edu/wellness

Missouri State University
Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology
Counseling, Disability Support, and Student Wellness - 573.341.4211
counsel.mst.edu

Missouri Western State University
Counseling Center - 816.271.4327

Northwest Missouri State University
University Wellness Services - 660.562.1348
www.nwmissouri.edu/wellness

Rockhurst University
Counseling Center - 816.501.4275

Saint Louis University
Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University
Counseling and Disability - 573.986.6191
www.semo.edu/SAPE

State Technical College of Missouri
Student Services - 573.897.5110

Truman State University
University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri
Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri
Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City
Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis
Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College
Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs

This publication is brought to you by Partners in Prevention, a coalition of twenty-one universities in Missouri
Partners in Prevention is funded by the Missouri Division of Alcohol and Drug Abuse.
Hookah has been around for centuries, and so have the myths pertaining to its use.

To gain a further understanding of hookah, the myths behind its use, and how it compares to cigarettes, explore this informative brochure.

The History of Hookah

The first hookah is believed to have been created in India during the mid to late 1500s (WHO, 2005). Hookahs are used to smoke specially made tobacco that comes in a variety of flavors and fragrances.

Other Names for Hookah

Narghile Goza Shisha
Argileh Water Pipe Hubble-bubble

A Safe Social Trend?

The social nature of hookah puts users and bystanders at an increased risk for negative health effects.

Germs are Gross! The same mouthpiece is often shared by everyone in the group. Hookahs also have intricate parts that are hard to clean and sterilize. As a result, people who smoke hookah are at an increased risk for diseases like the common cold and influenza.

Ahhh... Second-hand Smoke! The second-hand smoke from a hookah contains 4x the carcinogenic PAHs and 30x the carbon monoxide of a single cigarette. In fact, a typical one-hour hookah session generates as much second-hand smoke as 2-10 cigarette smokers (Daher, et al., 2010).

Health Effects of Hookah

Myth: Water in the hookah filters the harmful chemicals from the smoke.

Busted: According to the CDC, analysis of hookah smoke, after it has passed through the water, shows high levels of toxic compounds that are known to cause lung, bladder, and oral cancers.

Myth: Hookah is a healthy alternative to smoking cigarettes.

Busted: The charcoal used to heat the tobacco increases exposure to carbon monoxide, heavy metals, and cancer-causing chemicals (CDC, 2010). The chemicals in hookah smoke have also been shown to clog arteries and cause heart disease.

References


Hookah vs. Cigarettes

<table>
<thead>
<tr>
<th></th>
<th>One Cigarette</th>
<th>Hookah</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Time Smoking</td>
<td>5 - 7 minutes</td>
<td>56 minutes</td>
</tr>
<tr>
<td>Average Number of Puffs</td>
<td>8 - 12</td>
<td>171 puffs</td>
</tr>
<tr>
<td>Exposure to Tar</td>
<td>11.2 mg</td>
<td>802 mg (or 70 cigarettes)</td>
</tr>
<tr>
<td>Exposure to Carbon Monoxide</td>
<td>12.6 mg</td>
<td>145 mg (or 12 cigarettes)</td>
</tr>
<tr>
<td>Average Volume of Smoke Inhaled</td>
<td>0.36 L - 0.84 L</td>
<td>90 L (or 107 - 250 cigarettes)</td>
</tr>
<tr>
<td>Nicotine Exposure</td>
<td>0.77 mg</td>
<td>2.94 mg (or 4 cigarettes)</td>
</tr>
</tbody>
</table>

(WHO, 2005) (Shihadeh & Saleh, 2005)