

# 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](http://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/](http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/)

[StayAwayfromTobacco/ GuidetoQuittingSmoking/](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](http://www.ccis.edu/counselingservices)

**Drury University**

Counseling Services - 417.873.7419

[www.drury.edu/counseling](http://www.drury.edu/counseling)

**Evangel University**

Counseling Services/Wellness Center - 417.865.2815, ext. 7222

[www.evangel.edu/offices/student-development/counseling-center](http://www.evangel.edu/offices/student-development/counseling-center)

**Harris-Stowe State University**

Office of Counseling Services 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](http://www.maryville.edu/studentlife-health.htm)

**Missouri Southern State University**

MSSU Wellness 417.625.9533

[www.mssu.edu/wellness](http://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](http://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](http://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](http://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](http://ucs.truman.edu)

**University of Central Missouri**

Office of Violence and Substance Abuse Prevention - 660.543.8338

[www.ucmo.edu/VSAP](http://www.ucmo.edu/VSAP)

**University of Missouri**

Wellness Resource Center - 573.882.4634

[wellness.missouri.edu](http://wellness.missouri.edu)

**University of Missouri-Kansas City**

Counseling, Health and Testing - 816.235.1635

[www.umkc.edu/chtc](http://www.umkc.edu/chtc)

**University of Missouri-St. Louis**

Alcohol and Other Drug Prevention Coordinator - 314.516.6369

[www.umsl.edu/swbs](http://www.umsl.edu/swbs)

**Westminster College**

Counseling & Health Services - 573.592.5361

[www.westminster-mo.edu/studentlife/chs](http://www.westminster-mo.edu/studentlife/chs)

# HOOKAH



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<http://pip.missouri.edu>

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# 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.

**Germ**s 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.

## Hookah vs. Cigarettes

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

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

### References

American Lung Association. (February 2007). *An Emerging Deadly Trend: Waterpipe Tobacco Use*. Retrieved February 8, 2011 from Tobacco Policy Trend Alert: [http://slati.lungusa.org/reports/Trend%20Alert\\_Waterpipes.pdf](http://slati.lungusa.org/reports/Trend%20Alert_Waterpipes.pdf)

CDC. (October 29, 2010). *Smoking & Tobacco Use: Hookahs*. Retrieved February 8, 2011 from Centers for Disease Control and Prevention: [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/hookahs/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/)

Daher, N., Saleh, R., Jaroudi, E., Sheheitli, H., Badr, T., Sepetdjian, E., et al. (2010). Comparison of carcinogen, carbon monoxide, and ultrafine particle emissions from narghile waterpipe and cigarette smoking; Sidestream smoke measurements and assessment of second-hand smoke emission factors. *Atmospheric Environment*, 44, 8-14.

Shihadeh, A., & Saleh, R. (2005). Polycyclic aromatic hydrocarbons, carbon monoxide, "tar", and nicotine in the mainstream smoke aerosol of the narghile water pipe. *Food and Chemical Toxicology*, 43 (5), 655-661.

WHO. (2005). *Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators*. Retrieved February 8, 2011 from WHO Study Group on Tobacco Product Regulation (TobReg): [http://www.who.int/tobacco/global\\_interaction/tobreg/Waterpipe%20recommendation\\_Final.pdf](http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf)