

## 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 contents 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)**.



## **SMOKING KILLS:**



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 density and osteoporosis
- Cancer of the lips, mouth, throat
- Chronic Bronchitis
- Asthma
- Wrinkles
- Stomach ulcers
- Infertility/ Impotence



## **Hookah vs. Cigarettes** **Facts,** **Misconceptions and** **Risks**



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## 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.



Brochure Created By: Elise Murphy



## 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.