

# HOOKAH

is a water pipe used to smoke flavored tobacco, also called shisha, through cooled water.



A **one-hour** hookah session contains **36 times** more tar than a cigarette.



Hookah's tobacco **flavors** are **appealing** to youth and young adults.



Shisha is a sticky tobacco, usually soaked in honey or molasses. Herbal shisha can be just as **toxic** as tobacco shisha.



Hookah can be smoked electronically using **hookah pens** or **e-hookah**, and health effects are unknown.



Hookah smoke increases the **risk of disease** including cancer, clogged arteries, heart disease, lung disease and complications during pregnancy.



Sharing a hookah mouth piece increases the risk of spreading **infectious diseases** like tuberculosis, hepatitis, herpes, and the flu.

Hookah is **NOT A SAFE ALTERNATIVE** to cigarettes.



Learn more and find support at [MaineQuitLink.com](http://MaineQuitLink.com)