

# HOOKAH

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.

## BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE  
PREVENTION  
SERVICES

Maine Center for Disease Control & Prevention  
Department of Health and Human Services

Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)