

What is Hookah?

A hookah is a water pipe used to smoke tobacco through cooled water. The tobacco is heated in the bowl at the top of the hookah and smoke is filtered through the water in the base of the hookah.

A bit of history...

The hookah tradition, dating back at least 500 years, originated in the Middle East regions of the world.

Countries cited for the first use include Egypt, India, and Turkey. Smoking the hookah is one of the oldest, most popular Turkish traditions.

The tradition has traveled to the United States and today there are more than 300 hookah establishments in the U.S.



Reference

- Hookah and its Dangerous Effects on Health & Body - List Dose (List Dose)
<http://listdose.com/hookah-and-its-dangerous-effects-on-health-body/>
- The Dangers of Hookah Smoking (Centers for Disease Control and Prevention)
<http://www.cdc.gov/features/hookahsmoking/>
- Hookah is not harmless, experts say (Fox News)
<http://www.foxnews.com/health/2014/02/24/hookah-is-not-harmless-experts-say/>
- The Effects of Smoking Shisha (Quit Shisha)
<http://www.quitshisha.com/effects-of-shisha.html>
- Quit smoking (Hookah smoking: Is it safer than cigarettes?)
<http://www.mayoclinic.org/healthy-living/quit-smoking/expert-answers/hookah/faq-20057920>

Photo Reference

- www.internationaloddsities.com
- nineronline.com
- www.pghcitypaper.com
- janehellen-janehellen.blogspot.com

Effects of Hookah Smoking



Fannyeu Liou

Liliya Meshalkina



NEW YORK CITY
COLLEGE OF TECHNOLOGY

*the senior-level college of technology
of The City University of New York*

Myths

1. Hookah smoking is less harmful than cigarettes
2. Hookah smoke is filtered through water and doesn't contain unhealthy ingredients.
3. You cannot become addictive to Hookah as it does not contain nicotine.
4. Herbal hookah is healthier than a regular one

Truths

1. The smoke of Hookah has the same containing carcinogen as cigarettes
2. Cancer chemicals cannot be filtered through water.
3. Just like regular cigarettes, hookah contains nicotine which can make you addictive to it.
4. Any hookah herbal or original holds toxic agents.



Parts of Hookah...



Alternative Names of Hookah

- Waterpipe
- Shisha
- Boory
- Hubble bubble
- Nargile
- Goza

The Role of Dental Hygienist

- Explain and educate patient about the health risks of Hookah smoking.
- Provide intra-oral and extra-oral examination to detect carcinogen lesion.

Health Ricks

- Oral cancer
- Arteries blockage
- Heart diseases
- Periodontal disease
- Infectious disease
- Low birth weight
- Kidney bladder damage
- Addiction

Facts about Hookah

- hookah users inhale more smoke compared to cigarette smokers, because hookah session often last for an hour or more.
- the charcoal used in the tobacco heating process produces the toxin carbon monoxide and cancer causing chemicals.
- Breathing in secondhand smoke of other hookah smokers is as harmful as exposure to cigarette smoke.
- Smoking hookah for 45-60 minutes can be equivalent to smoking 100 or more cigarettes.
- Hookah smoking becomes increasingly a popular alternative to cigarettes and social activity among youth and young adults.