The truth about hookahs
What ‘Harmless’ Hookahs Can Do

*It’s been proven that smoking hubbly bubblies can lead to...*

- Cancer
- Lung damage
- Heart disease
- Tuberculosis
- Herpes
- Early death
Frequently asked questions about hookah

Q - Is hookah smoke better than cigarette smoke because it passes through water?
A - No, the water does not clean the smoke. Hookah and cigarette smoke both contain poisons, including nicotine, tar, carbon monoxide, arsenic, and lead. Arsenic is used as a rat poison, and carbon monoxide is a deadly gas also found in motor car exhaust. Even in small amounts, lead can make children hyperactive, irritable and cause brain damage.

Q - If a pregnant women smokes can she harm her baby?
A - Yes. The carbon monoxide and other poisons will pass from the mother’s blood to the unborn baby. Smoking a hookah during pregnancy can stunt a baby’s growth.
Frequently asked questions about hookah

Q- Does one get less nicotine from a hookah than a cigarette? And what about carbon monoxide?

A - A hookah smoker takes about 100 puffs in a single (45 minute) session, while a cigarette smoker takes about 10 puffs per cigarette. In other words, smoking one hookah pipe can give you as much nicotine as smoking 10 cigarettes. Of course, it is the tar in tobacco smoke that causes cancer. The smoke produced in a typical hookah smoking session can contain about 36 times more tar, and about 8 times more carbon monoxide, than the smoke from a single cigarette.
Frequently asked questions about hookah

Q - Is a hookah just as addictive as cigarettes?
A - The hookah is as addictive as cigarettes. Many hookah smokers show all the signs of addiction (i.e., they crave for a smoke, they cannot easily quit, have withdrawal symptoms when they stop, etc.).

Q - Why are young people taking up the hookah?
A - The sweet flavour and pleasant smell makes it easier to inhale the smoke without coughing. And smoking hookahs is a social activity. Then, there is the myth that the hookah is not harmful. So people think of the hookah as fun, instead of a dangerous drug that can make you very, very sick.
Frequently asked questions about hookah

Q - Is it safe for children to smoke the hookah?
A - It is dangerous for anybody to use any form of tobacco, including the hookah. It is especially bad for young children because their lungs are still growing and smoking can cause permanent damage.

Q - Even if I do not smoke, is it bad to be in a room where people are smoking a hookah?
A - Yes, breathing the air in a room where people are smoking a hookah exposes non-smokers to many deadly chemicals. This is harmful. Children whose parents smoke hookahs are more likely to have lung infections than children whose parents do not smoke hookahs.
Q - What are the long-term health effects of hookah smoking? Does it cause impotence like cigarettes?

A - It can damage your lungs, making it painful to breathe. It can cause cancer of the mouth, lungs and bladder, or a heart attack. Cigarette smoking causes impotence, wrinkling of the skin plus many other diseases. Scientists are just now starting to investigate all the harms that hookahs can cause. Given its similarity to cigarette smoke, it is possible that many other diseases will eventually be linked to hookah use.

Sharing a hookah with others means you can get germs from other people. The bacteria that cause TB or the virus that causes herpes can be passed on to you by sharing a hookah.
Why we all NEED to do Something About Tobacco Use

Because...

• All forms of tobacco is dangerous to health
• Tobacco use is responsible for 1 in 10 deaths worldwide and kills up to half of its users
• Tobacco use remains the leading cause of premature, preventable death in South Africa with over 44 000 deaths annually
• Lung cancer, which is mostly caused by tobacco use, is the 3rd most common cancer amongst South African men with a lifetime risk of 1 in 73 to be diagnosed with lung cancer
• Lung cancer is increasing among South African women – it is the 8th most common cancer among SA women with a lifetime risk of 1 in 219 to be diagnosed with lung cancer
• More than 80% of the world’s smokers live in low- and middle-income countries like South Africa
Every Individual has the Right to a Smoke-free Environment

• In South Africa tobacco is regulated by the Tobacco Products Control Act, 1993 (Act No 83 of 1993)
• South African legislation is very clear about where people may smoke and where smoking is prohibited
• It is your right to complain when someone smokes in your presence
• It is also your right to take remedial steps if someone smokes in any area where smoking is prohibited
The Tobacco Products Control Act

This Act:

• Bans tobacco advertising and sponsorship
• Bans smoking in public places and work places
• Restricts
  • The use of vending machines that sell tobacco products - it cannot be used to sell other products like crisps and chocolates
  • Adults from smoking in a car when accompanied by children under 12
  • Smoking on premises used for commercial childcare activities, like childcare, schooling and tutoring
  • Entry to designated smoking areas by persons under 18
  • Smoking in ‘partially enclosed’ public places such as balconies, covered patios, verandas, walkways and parking areas
  • The sale of tobacco products to and by persons under the age of 18
• Smoking in all public places will be prohibited by regulation in the near future
Keep Your Environment Smoke-free

Keep your environment smoke-free and report all non-compliance of the **Tobacco Control Act** to the **Environmental Health Officer** of the local municipality where the incident occurred.
CANSA

• Encourages all smokers to seek help to quit the harmful habit of smoking
• Believes that there is no safe level of exposure to environmental tobacco smoke
• Urges all South Africans to support anti-tobacco legislation and to report those who transgress
• Calls for a concerted effort by all to inform children and young people about the dangers of the use of tobacco products
• Urges all parents and guardians to keep their children away from restaurants and indoor public places that allow smoking
• Invites all adults to become role models for children and young adults by not smoking
• Implores every citizen to assist health professionals, educators and health caregivers to advocate for youth to avoid tobacco product use
• Invites all smokers to visit the CANSA website (www.cansa.org.za) for information on how to stop the use of tobacco products by joining CANSA’s free e-KickButt Programme
Thank you

Toll-free 0800 22 66 22
www.cansa.org.za

Cancer affects us all..