

## Shisha/hookah waterpipe tobacco smoking

### What is it and is it harmful?

#### What is it?

Waterpipe tobacco smoking involves using a single or multi-stemmed instrument to smoke flavoured or non-flavoured tobacco.

Smoke passes through water or other liquids before reaching the user.

#### Is it harmful?

Those smoking shisha or hookah are exposed to much higher levels of carbon monoxide (CO) and other carcinogens such as polycyclic aromatic hydrocarbons (PAH) than those who smoke cigarettes.

Waterpipe smoke also contains nicotine and has the potential to be addictive.

Second-hand smoke from waterpipes is just as dangerous to others as smoke from cigarettes.

Smoking waterpipes is also associated with multiple long-term adverse health outcomes for example:

- elevated heart rate and blood pressure
- impaired lung function
- lung cancer
- periodontal disease
- low birth weight
- COPD
- cardiovascular disease.

*For further information please download the WHO Fact Sheet available in six languages from: [www.who.int/tobacco/publications/prod\\_regulation/factsheetwaterpipe/en/](http://www.who.int/tobacco/publications/prod_regulation/factsheetwaterpipe/en/).*

*Source: World Health Organization Fact Sheet 2015*



Quitline counsellors offer a comprehensive support program for those wanting to quit smoking or cut down.

Health professionals can refer their patients to Quitline. Click on 'I'm a Health Professional' at the Quitline SA website.

**Find out more at [www.quitlinesa.org.au](http://www.quitlinesa.org.au) where you can register with Quitline or chat online.**

**Remember you will double your chances of success by calling**

**Quitline 13 7848.**

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