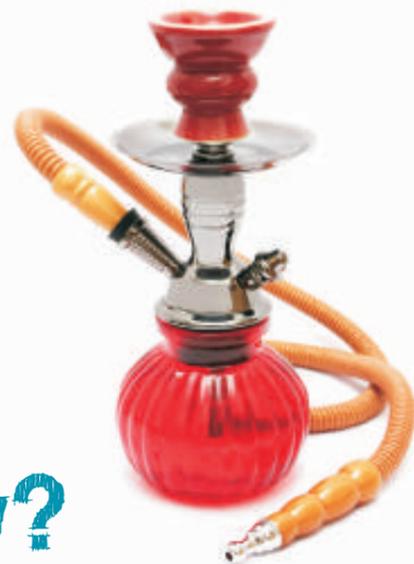


HARMLESS HUBBLY BUBBLY OR DEADLY DRUG?

THE TRUTH ABOUT HOOKAHS

(Hubbly Bubbly | Water Pipe | Narghile | Shisha | Goza | Hookah | Hub)



WHAT "HARMLESS" HOOKAH CAN DO

It's been proven that smoking hubbly bubbly on a regular basis can lead to...

- CANCER
- LUNG DAMAGE
- HEART DISEASE
- TUBERCULOSIS
- HERPES
- EARLY DEATH



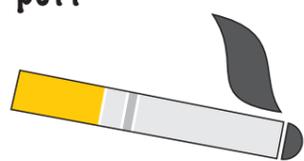
Did you know?

- Using a water pipe to smoke tobacco poses a serious potential health hazard
- It is not a safe alternative to cigarette smoking
- After it has passed through water, the smoke still contains high levels of toxic compounds
- Commonly used heat sources such as charcoal are likely to increase health risk - when combusted, it also produces toxins
- Second-hand smoke of hookahs is a mixture of tobacco smoke and the smoke from the charcoal
- Sharing a water pipe poses a serious risk of transmission of communicable diseases such as herpes and TB
- The sweet smell and taste of some of the tobacco used encourages more people to smoke - many who wouldn't have otherwise
- Smoking a hookah during pregnancy can stunt an unborn baby's growth
- Hookah is especially bad for young children as their lungs are still developing. Smoking can cause permanent damage

Do you think that smoking hubbly bubbly is less harmful than smoking cigarettes? **Think again!**

ONE TYPICAL CIGARETTE SESSION

- 5 to 7 minutes
- 8 to 12 puffs
- 40-75ml of smoke per puff



VS

ONE TYPICAL HUBBLY BUBBLY SESSION

- 20 to 80 minutes
- 20 to 200 puffs
- 0.15 to 1litre of smoke per puff (equivalent to inhaling the smoke of 100 or more cigarettes)



SECOND HAND SMOKE It's just as bad

Whatever you smoke, whether it's a hookah, pipes, cigarettes or cigars you are exposing those around you to the same toxins that you are inhaling. You need to keep the health of others top of mind.

Make it your business
Visit the CANSA website for info on our e-Kick Butt programme or call us toll-free



Research • Educate • Support



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