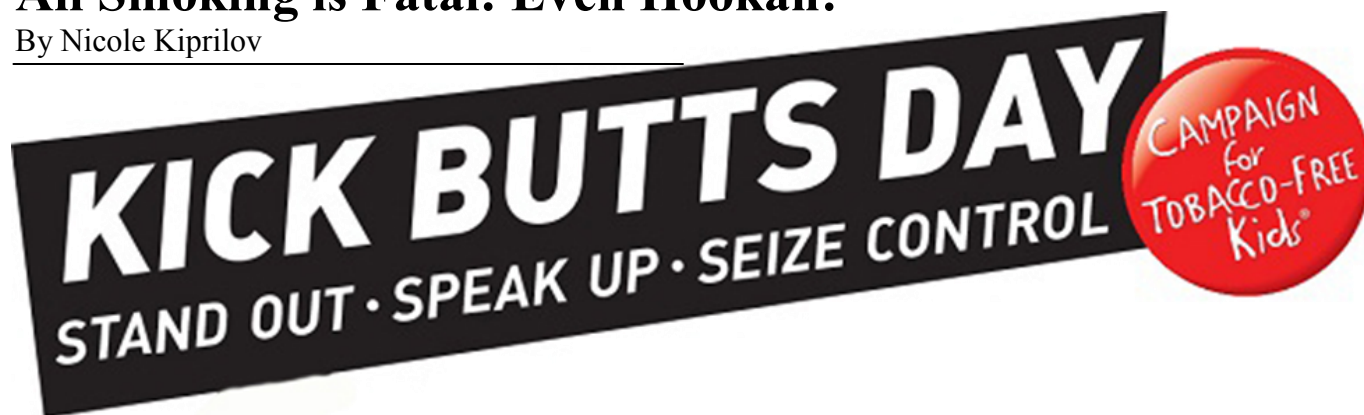


SCHOOL NEWS

All Smoking is Fatal: Even Hookah!

By Nicole Kiprilov



Manhasset CASA's recent Kick Butts Day initiative with the Campaign for Tobacco-Free Kids provided teens in grades 7, 8 and 9 with factual information about the detrimental health effects of tobacco use as well as the effect tobacco marketing has on teen behavior.

Recent studies published in the American Journal of Public Health have shown that a "new" form of smoking, called hookah, has drastically increased in popularity among teens in high school and college students. Hookah smoking is becoming more prevalent on college campuses, and very few measures are being taken to discourage young adults from engaging in this harmful activity.

Hookah smoking has become a recreational and social activity that is often perceived to be safer than cigarette smoking. Hookah, which is also known as "shisha," "bong," or "narghile," is a pipe with an integrated smoke chamber that is filled with tobacco. Users engage in 30-60 minute "smoke

sessions," which consist of about 100 inhalations each. Contrary to popular belief, the water in the bowl that cools the tobacco does NOT filter out the chemicals from the smoke, so there is nothing there to block the high levels of tar, carbon monoxide, lead, arsenic, chromium, cobalt, and nickel (carcinogens) from entering the lungs of the user. Hookahs are also very effective sources of nicotine. Smokers have a very high chance of developing a physical and psychological tobacco addiction after a single smoke session, and since hookah smokers do not usually perform this activity on a daily basis, the newly addicted smokers would have to revert to other forms of nicotine delivery.

An important, but less common problem that occurs as a result of hookah smoking is the spread of harmful diseases. The hose of a hookah device is connected to a mouthpiece, which is changed as the pipe is passed from one user to the next. The germs that are ex-

pelled into the hose linger in the pipe, even though the mouthpiece has been cleaned. Therefore, the pipe serves as a vector for many communicable diseases. It is very easy for the germs to make their way into the new mouthpiece and then into the mouth of a user who may not have been contaminated to begin with. Some common diseases that are spread through hookah use include herpes, tuberculosis, helicobacter, aspergillus, swine flu, and seasonal flu.

A common misperception regarding hookah smoking is that it is less harmful than cigarette smoking. This misperception is due to the fact that users are under the impression that hookah smoking consists of "smoking flavored air, which does not contain tobacco." Obviously, this is not true, and statistics show that one hookah smoke session delivers the same amount of nicotine that is delivered if one were to smoke 10 cigarettes simultaneously.

According to an August

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2012 study published in "Respirology," hookah smoking is actually more detrimental to human health than cigarette smoking. In hookah smoking, a special form of tobacco is heated and then transferred to a confined chamber, where it is cooled as it passes through water. The water does cool the tobacco smoke, but it does not act as a filter for the toxic components in the tobacco. Therefore, hookah smokers may actually inhale larger volumes of the tobacco smoke because the pipes allow for deeper inhalations. According to the U.S. Center for Disease Control and Prevention, during a typical hour-long session, a hookah user inhales 100 to 200 times the vol-

ume of smoke inhaled from a single cigarette. The physical repercussions of hookah smoking are the same as the physical repercussions of cigarette smoking. The only difference is

symptoms of lung cancer, heart disease, and other vascular-related diseases.

Many teens are not even aware that hookah smoking is illegal nor are they familiar with the consequences, both scientific and legal, of hookah smoking. A poll conducted on Facebook found that 83.3% (105 out of a total 126 students surveyed) of high school students in the tri-state area think that cigarette smoking is more harmful than hookah smoking. ■



that regular hookah inhalations lead to a faster emergence of

Tuesday's Children/Project Common Bond (continued from page 6)

global peace building. This program is very expensive since it finances the voyages of participants from all over the world. Tuesday's Children representatives have traveled to many different high schools all over the country in order to ask for financial aid. Many high schools have set up fundraising projects in order to assist the organization. Representatives have worked in close contact with the schools in order to ensure

that the fundraising activities are successful.

The Manhasset High School Student Senate recently met with Daniel Altenau, a representative for Project Common Bond, who agreed to work closely with the Manhasset student body in order to set up an effective fundraiser. It is often difficult to place oneself in the shoes of a child who has lost a family member due to terrorism, and this program strives

for nothing of the sort. However, it is probable that sometimes, a simple friendship or the realization that one can make a difference in the world using his/her experiences can aid the emotional recovery process in a way that is far greater than the aid provided by any common forms of therapy. The Manhasset High School student body looks forward to working with Project Common Bond in order to make a difference in the lives of struggling teenagers. ■