

SUBSTANCE USAGE & IT'S EFFECTS

What is Hookah?



- A water pipe that is used to smoke a specially made tobacco
- Many hookah users think it is less harmful, but hookah smoking has a lot of the same health risks as cigarette smoking as well as the same second hand smoke affects as cigarette smoking
- Hookah smokers may actually inhale more tobacco smoke than cigarette smokers do because of the large volume of smoke they inhale in one smoking session, which can last as long as 60 minutes

The Effects of Hookah

- The charcoal used to heat the tobacco can raise health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals. Even after it has passed through water, the smoke from a hookah has high levels of these toxic agents. Hookah tobacco and smoke contain several toxic agents known to cause lung, bladder, and oral cancers. Tobacco juices from hookahs irritate the mouth and increase the risk of developing oral cancers.
- Can also lead to diseases such as:
- Oral cancer
 - Lung cancer
 - Stomach cancer
 - Cancer of the esophagus
 - Reduced lung function
 - Decreased fertility

What is Paan?

- Paan is a stimulant with psychoactive effects on the body and is commonly mixed with areca nut and chewing paan, most people swallow it or spit it out
- The World Health Organization (WHO) says that chewing betel quids and areca nut are known to cause cancer. Areca-nut paan with and without tobacco causes oral cancer risks to rise as well

The Effects of Paan

- Increases risk of oral submucous fibrosis, oral cancer, and food pipe cancer
- Can cause Primary liver cancer (hepatocellular carcinoma)
- Causes thick white patches inside the mouth (leukoplakia)
- Causes the appearance of mucous cells in airways where mucous cells were not originally present
- Can lead to teeth loss and inflammation of the gums
- Can also lead to asthma



7 Methods to Quit Smoking

1. Make a list of reasons to quit

If you need a reminder as to why you are making this choice, this list can be motivating and a reminder factor for quitting. Reasons to quit include health benefits, being tired of smelling like smoke, money, or being a good example.

2. Decide how to quit

Gradually decreasing usage, smoke less and less each day.

3. Join a support

Sharing experiences and being exposed to others in similar situations can be motivating.

4. Know what to expect

Quitting smoking can cause unpleasant side effects such withdrawal, short temper, and difficulty concentrating

5. Take Medication

Nicotine replacement therapy gives you a little bit of nicotine as you wean yourself off of it. They come in gum, patches, lozenges, nasal sprays, and inhalers and can be acquired without a prescription. You can also get prescription medicines, such as Bupropion or Varenicline. These help reduce the urge to smoke and help reduce withdrawal.

6. Surround yourself around non-hookah smokers

This can help reduce temptation

7. Exercise or find a hobby

These can serve as distractions

