

The Smoking World:

Hubbly Bubbly/Hookah Pipe

“Hubbly Bubbly/ Hookah tobacco and smoke contains toxins that can give you heart disease”

Most people know cigarettes are bad for your health; it even says so on the cigarette pack. But most people don't realise that **Hubbly Bubbly (also known as Hookah) has many of the same health risks.**

Some people think that Hubbly Bubbly/Hookah smoke is healthier, because it passes through water. But the smoke is still toxic and can give you cancer in your lungs, mouth, stomach or bladder.

Like smoking cigarettes, Hubbly Bubbly/Hookah tobacco and smoke contains toxins that can give you heart disease (which causes heart attacks). If you are pregnant, you should never smoke cigarettes or hookah as it could lead to complications during pregnancy and for the baby.

Just like cigarettes, Hubbly Bubbly/Hookah has nicotine - a very addictive drug that makes it hard to stop smoking.

Hubbly Bubbly/Hookah smokers also inhale more smoke during a one hour session (200 puffs) than cigarette smokers (20 puffs).

Many people also add other dangerous substances in the Hubbly Bubbly/Hookah as well!

If you would like help with quitting smoking, visit your local clinic or call the **National Tobacco Quit Line** at **011 720 3145**. They can give you information on tobacco and how to stop smoking.

To learn more about smoking laws, check out:

<https://bwisehealth.com/article/current-affairs-smoking-the-laws-you-should-know>

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