

Just ONE hookah pipe 'exposes the smoker to 100 times more tar and 4 times as much nicotine as one cigarette'

- **Scientists revealed one hookah session can cause lasting lung problems**
- **One hookah session exposes users to more toxins than one cigarette**
- **It has 17 times more formaldehyde and 11 times more carbon monoxide**
- **Hookah use also changes the cell linings of the airways, experts found**
- **A study found light hookah users have early signs of lung damage**

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Just one session smoking a hookah pipe can cause a person to develop lung abnormalities, scientists have warned.

Smokers are exposed to four times the amount of nicotine, as they would inhale smoking one cigarette, a new study has revealed. Furthermore, they are also exposed to 11 times the amount of carbon monoxide and 100 times more tar than smoking one cigarette.

Scientists analyzed the effects of smoking a waterpipe on a group of light-use smokers – and found marked changes in the cell linings the airways.

Study author Dr. Ronald Crystal, of Weill Cornell Medicine in New York City, said: 'Our study results justify initiating large epidemiologic studies to further assess the harmful effects of waterpipe smoking. 'It is uncontrolled - there are no regulations pertaining to its use - and the data raises red flags that even limited use may cause lung damage.'

Few studies – until now – have assessed the safety of smoking with a waterpipe, or hookah.

The device delivers fruit-flavored tobacco that is placed in a bowl and burned with charcoal. Smoke from the tobacco is bubbled through water – and then it is carried through a hose, which the user then inhales. Waterpipe smoking is a common pastime in the Middle East.

And, in recent years, it has been growing in popularity among young people in the US. The study, published in the American Journal of Respiratory and Critical Care Medicine, entailed light-user waterpipe smokers in New York City.

The participants, who had an average age of 24, smoked no more than three bowls per week, for less than five years.

The team of Weill Cornell scientists assessed the effects of waterpipe smoking on participants through biological and clinical parameters. The clinical data found that hookah users coughed more frequently and produced more sputum than nonsmokers.

And, biological changes were observed in the smokers' airways.

Furthermore, the scientists found that hookah users had an increased circulation of small particles shed by endothelial cells in the lungs. Dr. Crystal said: 'This is indicative of ongoing damage to the capillaries.'

The scientists concluded that the biological and clinical changes associated with light hookah use are signs of early lung damage.

In comparison to one cigarette, one waterpipe session also exposes the smoker to 17 times the amount of formaldehyde.

They also are exposed to five times the amount of molecular weight carcinogenic polyaromatic hydrocarbons and three times the amount of phenol, in comparison to one cigarette.

<http://www.dailymail.co.uk/health/article-3526714/Just-ONE-hookah-pipe-exposes-smoker-100-times-tar-4-times-nicotine-one-cigarette.html>