

## Risks of Hookah Use

Chemical	Charcoal	Non-Tobacco Shisha	Tobacco Shisha
Polycyclic aromatic hydrocarbons	✓	✓	✓
Carbon monoxide	✓	✓	✓
Benzene	✓		✓
Fine particulate matter	✓	✓	✓
Tar		✓	✓
Volatile aldehydes		✓	✓
Phenols			✓
Nicotine			✓
NNAL (a tobacco-specific nitrosamine)			✓
<b>Health Risks</b>	<ul style="list-style-type: none"> <li>• Premature death in those with heart and lung disease</li> <li>• Heart attacks</li> <li>• Decreased lung function</li> <li>• Increased respiratory symptoms</li> <li>• Cancer</li> </ul>		