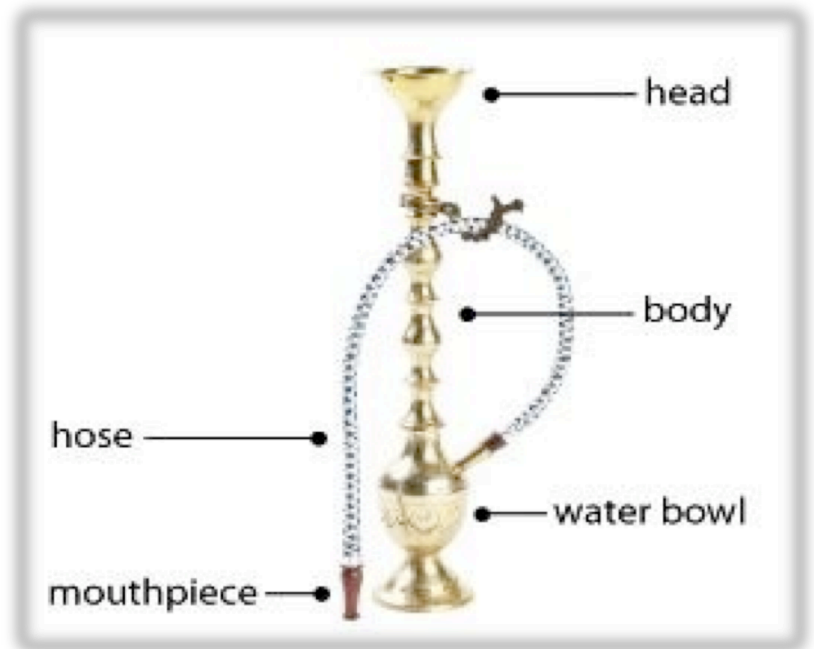


Family Medicine Clerkship Plain Language Summary

Title: Can pregnant mother's smoking hookah affect the weight of her baby?

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Plain Language Summary:

What are hookahs?

Hookahs come in a variety of sizes, forms, materials and colors. The typical hookah has the following components.

- 1: Bowl on top (head) where the tobacco is placed and heated.
- 2: A smoke chamber partially filled with water (water bowl).
- 3: A pipe connecting the top to the smoke chamber (water bowl) by a tube that carries the smoke down into the water, and
- 4: A hose with mouthpiece through which the smoke is drawn from the chamber.

When smoker inhales, the tobacco smoke is sucked down from the bowl and then bubbles up through the water into the air of the smoke chamber and then through the hose to the smoker. Water in the chamber cools the smoke and filters out of some of its tar. Session last from 30 min to an hour but can also go for several hours.

Are hookahs used in the US?

Hookah smoking may have originated in India and then spread to Persia, Afghanistan, the Middle East, Turkey, and Africa. They are embedded in the traditional culture of these countries. However, since the 1990s, hookah use has rapidly expanded spreading to other parts of the world including the U.S. Because of introduction of flavored tobacco mix, expanding of hookah establishments, aggressive marketing and media hype about this new trend hookah use has been rapidly growing in the U.S.

Is smoking hookah safer than Cigarette?

The tobacco in hookah is no less toxic than cigarette and the water used does not filter toxic materials in the tobacco smoke. In fact, hookah smokers may inhale more tobacco smoke than cigarette smokers because of the large amount of smoke they inhale in a smoking session that lasts as long as an hour. However, because of the differences in the types of hookahs and the amount-smoked, studies regarding hookah use have not been as rigorous as cigarette smoking

Is smoking hookah during pregnancy safe ?

Even though using hookahs during pregnancy has not been well studied in the U.S., studies from Middle East suggests, they may expose the unborn to low birth weight and respiratory distress.

I have been smoking hookah while pregnant what should I do?

The best you can do to for yourself and your future baby is to stop. Th chance of having a baby with low birth weight increases with hookah smoking by 2.4 fold compared to people who have never smoked. It certainly doesn't mean everyone who smoked hookah will have a baby with low birth weight.

Where should I get further information about smoking hookah?

[Hookah Smoking: May Clinic](http://www.mayoclinic.com/health/hookah/AN01265)

<http://www.mayoclinic.com/health/hookah/AN01265>

[Smoking Hookah Fact Sheet: Center for Disease Control and Prevention \(CDC\)](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/)

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Key words:

Hookah

Shiisha

Smoking

Low birth weight

Pregnancy

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