Waterpipe vs. Cigarette Smoking: Respiratory Health Risks among Youth

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ABSTRACT

The rising trend in water-pipe smoking is thought to have originated in India about 400 years ago. Water-pipe smoking is a tradition found in many countries around the world, especially in the Middle East and North Africa. The tobacco inserted into the device can vary in types, and thus, there is a greater risk to health.

INTRODUCTION

Going by many names such as shisha, nargile, hookah, and hookah, shisha is an instrument for vaporizing and smoking flavoured tobacco called shisha. Heated with charcoal on the head of the shisha, the smoke passes through the base to the water bowl and is inhaled through the hose. Although shisha smoking has been around for quite some time, it is an undiscovered form of tobacco use with growing popularity among young adults. Canadian youth (15-24 years of age) have not been immune to the spread of this phenomenon. According to the 2011 Canadian Tobacco Use Monitoring Survey (CTUMS), 2.3 million Canadians aged 15 years and older have ever tried smoking from a waterpipe, a 4% increase from 2006 reports.

FINDINGS

The effects of shisha and lung cancer

Similar to other tobacco-related products, the use of waterpipes has been associated with different levels of diseases such as nose and throat cancer, respiratory and cardiovascular diseases. In a study done by the Asian Pacific Journal for cancer prevention, Koizal et al. identified some of the factors involved in the development of water-pipe smoking. The results showed that the factors involved in water-pipe smoking are similar to the factors associated with cigarette smoking, with high exposure to waterpipe smoking being associated with a higher risk of lung cancer in a population with an increase of about 9% in comparison to non-smokers.

The risks were further evaluated by the international journal of occupational medicine, where water-pipe smoking was associated with lung cancer (relative risk: RR = 2.01, 95% confidence interval: CI = 1.48-2.70).

Environmental health: The environmental health front, the 2013 study in Toronto and the high persistence of benzene and heavy metals in shisha versus the importance of improved surveillance and quality monitoring strategies as well as the changing demographics of the smoking patterns among youth and adults.

CONCLUSION

Contrary to popular belief, waterpipe tobacco and products produce high levels of toxicants that are carcinogenic, or harm the body as a whole. A number of these health-related effects are respiratory illnesses such as lung cancer. CO and carbon monoxide monoxide poisoning, an environmental pollution, leading to the aforementioned diseases. Compared to cigarette smoke, waterpipe tobacco has been found to have little to an increase in water-pipe smoking, longitudinal cohort studies are important to initiate to determine the long-term and short-term respiratory health effects of waterpipe smoking.

LIMITATIONS

Currently not enough evidence on the health effects of smoking "nargile" shisha

Uncertainty in the data outcomes - different factors come into play

Cigarette smoke contains carcinogenic nicotine, which can cause cancer and harm the body as a whole. A number of these health-related effects are respiratory illnesses such as lung cancer. CO and carbon monoxide monoxide poisoning, an environmental pollution, leading to the aforementioned diseases. Compared to cigarette smoke, waterpipe tobacco has been found to have little to an increase in water-pipe smoking, longitudinal cohort studies are important to initiate to determine the long-term and short-term respiratory health effects of waterpipe smoking.

REFERENCES

Is there a significant difference between the respiratory health effects of water-pipe smoking in youth compared to cigarette smoking?