

- Smokers using the same mouthpiece risks catching a contagious disease from one another, including herpes (cold sores)
- Persons who inhale secondary smoke from the oka are exposed to chemicals from the tobacco and toxins from fuel. Cancer and respiratory diseases can result from this.
- Irritation from exposure to tobacco juices increases the risk developing cancer.

Don't get hooked by the hookah!  
Smell the roses instead!



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## FACTS ABOUT THE OKA/HOOKAH PIPE



Published in the interest of a more sustainable,  
healthy lifestyle  
Rather than being a  
Captive of drugs!

## Oka/Hookah Pipe

Oka Pipe, also known as the hookah or water pipe, originated in ancient Persia and India, and has been used for centuries. So popular has oka smoking become that it is widely used in family circles, oka cafes and notably amongst youths.

### Usage

Oka is flavoured tobacco that is smoked in an oka pipe. The flavoured tobacco is heated by charcoal or wood fuel. The smoke from the tobacco passes through the water chamber in the pipe into a tube with a mouthpiece, which the smoker inhales through.

Oka's vary in size, shape and composition. A typical modern Oka comprises a head (with holes in the bottom), a metal body, a water bowl and a flexible hose with a mouthpiece.

### Flavours

The specially-made tobacco comes in a variety of flavours, such as apple, mint, cherry, chocolate, coconut, liquorice, cappuccino and watermelon.

## Myths

People generally believe oka smoking is safer than smoking tobacco. This is NOT TRUE! It is also mistakenly believed that as water captures the toxins (known to cause clogged arteries and disease); the smoker is not exposed to them.



The water does cool the smoke, but cooler smoke does not mean safer smoke! In fact oka smokers are exposed to it more than cigarette smokers! On average oka smokers can inhale the equivalent of 100 cigarettes in one session. As oka smokers smoke for much longer sessions, they are in fact inhaling as much if not more nicotine during a session.

## Oka vs. Cigarettes

- Oka smokers inhale the addictive drug nicotine, so it is as dangerous as cigarette smoke.
- Due to the mode of smoking including frequency of puffing, depth of inhalation, length of smoking session, oka smokers may absorb higher concentrations of toxins than cigarette smokers.
- A typical 1 hour smoking session involves inhaling 100-200 the volume of smoke than that inhaled from a single cigarette.
- Oka smokers are at risk of exposing themselves to the same diseases as cigarette smokers.

## Health Effects

- The Charcoal used to heat the tobacco in the oka increases the risks by producing high levels of carbon monoxide, heavy metals and cancer-causing chemicals
- Oka tobacco and smoke contains numerous toxic substances known to cause lung, bladder, and throat cancer. It also affects the teeth.
- Oka smoking can result in tobacco dependency
- Oka smoking in pregnant women can result in low-weight babies