

THE STALL SEAT JOURNAL

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The Great Hookah Hoax

Some students have told us they think smoking hookah is the same as inhaling fruit-flavored air—in other words, harmless. We did some research to test this theory.

Hookah pipes (also known as water pipes, sheesha, margile and argileh) originated in the Middle East. Now hookah bars are popping up in big cities and college towns, including Richmond.

Hookah pipes use a moist tobacco flavored with fruit and honey or molasses. To make smoke, burning charcoal is placed on top of the tobacco. Hookah smoke then is pulled through water, which cools it and makes it feel smoother than cigarette smoke.

Research demonstrates that the water filters out very little tar, carbon monoxide and nicotine. Gram for gram, hookah smoke has many more toxic chemicals than cigarette smoke (see chart).

Another difference between hookahs and cigarettes is the

Chemical Comparison: Smoke yield from 10 grams hookah tobacco vs. 10 grams of cigarette tobacco

CHEMICAL	HOOKAH	CIGARETTE	COMPARISON hookah to cigarette
"Tar"	802 mg	Average 11.2 mg	100-fold more
Nicotine	2.96 mg	Average 0.77 mg	4-fold more
Carbon monoxide	143 mg	Average 12.6 mg	11-fold more

Source: Shihadeh & Saleh (2005) Food & Chemical Toxicology Vol. 43(5).

amount of smoke exposure. An average cigarette smoker takes 10 puffs over five minutes and inhales approximately one pint of smoke. Hookah smokers take about 100 puffs over 45 minutes and inhale approximately 25 two-liter bottles — that's comparable to smoking 100 cigarettes in a row.

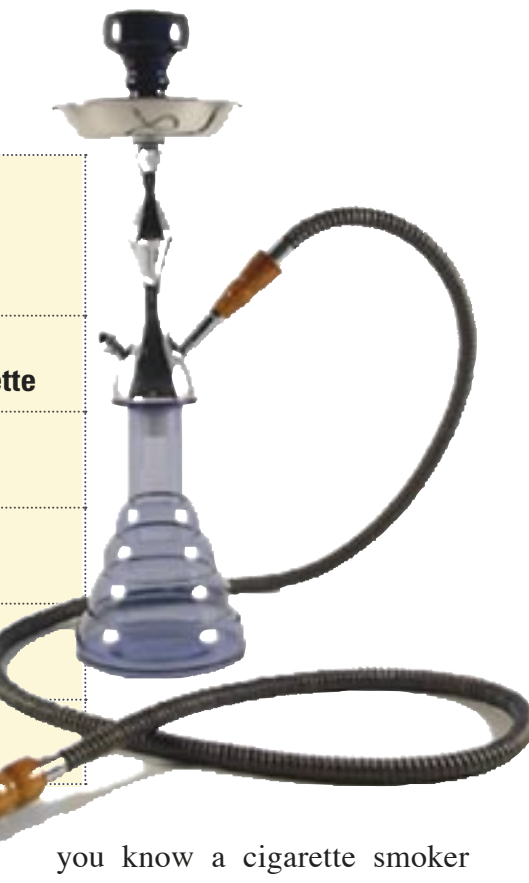
Secondhand smoke in hookah

bars contains tar, carbon monoxide and many other chemicals as well.

Before you hit that pipe, hit the computers to research hookahs so you will know the risks.

As we all know....

Most VCU students (7 of 10) don't smoke cigarettes, and most who do smoke want to quit. If



you know a cigarette smoker or a hookah smoker who wants to quit, we can help. Now two different smoking cessation pills are available with a prescription, Chantix and Bupropion. Contact us at quit@vcu.edu for more information.

Any Virginian may call 1 (800) QUIT-NOW for free tobacco cessation counseling.

Thinking about drinking? Here's what your friends may need to know

With Spring Break right around the corner, some students may be thinking about drinking alcohol, maybe drinking more than a body can handle. Excessive drinking can be harmful to the drinker — and very stressful for the sober friend or roommate.

What happens when you get alcohol poisoning?

Alcohol depresses the nerves that control involuntary acts such as breathing and the gag reflex (which prevents choking). Too much alcohol can stop these functions completely and lead to death.

What are the signs/symptoms of alcohol poisoning?

- Mental confusion, stupor, or person is passed out and cannot be awakened.
- Vomiting and person does not wake up.

- Seizures.
- Cold, clammy skin or bluish skin color.
- Slow or irregular breathing
 - Less than 8 breaths per minute
 - More than 10 seconds between breaths

When should you call for professional help?

If there is any suspicion of alcohol poisoning (you do not need to see all the symptoms), call 911! Don't be afraid to seek medical help for a friend who has had too much to drink. Be safe, not sorry.

What should you do until help arrives?

Do not leave your friend alone. Roll your friend on his/her left side. Keep your friend awake.

Don't bother with these mythological ways to sober up, because

they **do not work**: drinking black coffee, cold showers, sleeping it off, walking it off.

The only thing that reverses the effects of alcohol is time — which those suffering from alcohol poisoning do not have!

Most VCU students are healthier than you think

Most drink 0–4 alcoholic drinks* per sitting, and most drink on 0–5 days per month. Most VCU students use party-smart strategies to stay safe if they choose to drink. Whether they pace their drinks, alternate with a non-alcoholic drink, or use a designated driver, VCU students care about their safety and the safety of their friends.

Check out the Bike Lock Strategy, a new party-smart plan submitted by a VCU student at www.yourstrategy.org. Submit your strategies and win cool prizes!

*1 drink=1 oz. liquor, or 4 oz. wine, or 12 oz. beer.

Has your birth control method failed you?

Plan B, also known as emergency contraception or the "morning-after pill," has been approved for over-the-counter sale to individuals 18 years of age and older. (Women younger than 18 can obtain Plan B with a prescription.)

If you are a VCU student under 18 years of age and need emergency contraception, please make an appointment with University Student Health Services.

Many local pharmacies, including VCU Student Health, CVS, Ukrop's, Kroger, Rite Aid, Walmart, Planned Parenthood, and Walgreens also have Plan B in stock. For more information, visit www.go2planb.com.



For strategies, history, research:
www.YourStrategy.org



Office of Health Promotion

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