Hooked on hookah

Naïm Bejjani
Saint Joseph University Medical Center, Lebanon

Water pipe, with its alternative names hookah, shisha, kalyan and narguilé, is thought to have its origins in old Persia during the 16th century C.E. and was introduced to the Arab world and the rest of the Middle East soon after. This tobacco product is newly emerging in western countries. Health risks are well known in the Arab world yet the prevalence of smoking waterpipes remains high in this region and there is a tendency towards a lowering of the average smoking age. In opposition, health risks are less known to the western community both in the general population and among medical and paramedical experts. Waterpipe shares many of the cigarette harm but also possesses its own health damages. It additionally facilitates other tobacco products addiction leading to an accumulated toxicity. Few actions are taken to stop its expansion worldwide. In this topic, the original addiction process of the water pipe combining social, psychological and physical dependency will be presented, along with its relationship with the cigarette. Specific health hazards and potential risk factors for developing dependency will be discussed. The purpose of this theme is to sensitize the different western medical communities to the dangers of waterpipes so they may raise awareness among their population, thus limiting its scourge.

Biography

Naïm Bejjani completed his MD and is currently following his Postdoctoral studies as a pediatric resident at Saint Joseph University in Beirut, Lebanon. He is currently admitted to both Trousseau (Paris) and Lyon Universities in France for a Pediatric Hematology and Oncology two-year-long fellowship. His interest in Public Health began since his early medical curriculum and he has contributed to several national studies and surveys on addiction. He is also the writer of many reports, including MedSPAD (a report presented to the Council of Europe), he is the youngest author in the “Journal of Epidemiology and Global Health” and also is a reviewer in “Substance Use and Misuse” Journal.

naim.bejjani@gmail.com