

# Wellness InSTALLments

April 2016 — Volume 3, Issue 10

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# APRIL

## Upcoming Events

- 4/19 PUPPYPALOOZA**  
10a-1pm, Cohen Center Lawn
- 4/20 PUPPYPALOOZA**  
1pm-4pm, Cohen Center Lawn



- 4/20 Healthy Hump Day**  
Pot Quiz & Pot Brownies  
11am-2pm, In Front of P&W
- 4/25 Healthy Hump Day**  
De-Stress for Your Tests  
11am-2pm, In Front of P&W

## be kind



Kindness Week  
April 11th-15th

- 4/11, 4/12, 4/14, & 4/15**  
Ball Pit: Have a Seat, Make a Friend!  
11am-3pm, In Front of P&W
- 4/12 Orange You Happy?**  
10am-12pm, Library Lawn
- 4/13 Healthy Hump Day**  
Make a Kindness Gram  
11am-2pm, In Front of P&W  
*Please see our online calendar for a full, updated schedule*

## Question of the Month

**True or False:**  
Water effectively filters out harmful ingredients from hookah smoke.

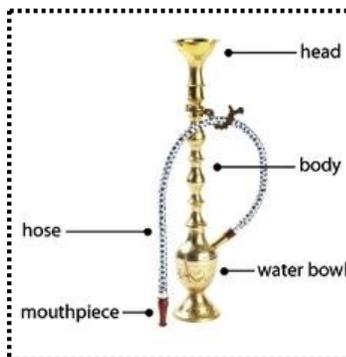
Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

## What is a Hookah?

A hookah is a water pipe used to smoke tobacco through cooled water. The tobacco is heated in the bowl at the top of the hookah and the smoke is filtered through the water in the base of the hookah.

## Hookah History

- ◆ Hookah dates back 500 years and originated in the Middle East regions of the world
- ◆ Countries cited for the first hookah use include: Egypt, India, and Turkey
- ◆ Today there are more than 300 hookah establishments in the U.S.



## Did You Know?

- ◆ The longer the hookah session, the more nicotine and toxins one inhales
- ◆ 45-60 minute hookah session exposes the smoker to about the same amount of tar and nicotine as one pack of cigarettes
- ◆ Sharing mouthpieces can increase the risk of spreading colds, flu, and infections, like oral herpes

## Myth vs. Truth: What You Need To Know About Hookah

There are a lot of misconceptions about hookahs. Here are 3 common myths:

- MYTH** Hookah smoke is filtered through water so it filters out harmful ingredients.  
**TRUTH** Smoking tobacco through water does not filter out cancer-causing chemicals. Water-filtered smoke can damage the lungs and heart as much as cigarette smoke.
- MYTH** Herbal shisha is healthier than regular shisha.  
**TRUTH** Just like smoking herbal ("natural") cigarettes, herbal shisha exposes the smoker to tar and carcinogens.
- MYTH** Smoking a hookah is not as addictive as smoking a cigarette because there is no nicotine.  
**TRUTH** Just like regular tobacco, shisha contains nicotine. In fact, in a 60-minute Hookah session, smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.



**BEGINNING MAY 9, 2016;** FGCU is joining institutions across the nation to make our University a healthier place to learn, work, and prosper by becoming free of smoke and tobacco. This initiative speaks directly to FGCU's mission for environmental sustainability. Learn more at [www.fgcu.edu/cleanair](http://www.fgcu.edu/cleanair)



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