



Article Text

Article menu



Review



Tobacco smoking using a waterpipe: a re-emerging strain in a global epidemic

W Maziak ^{1,*}, K D Ward ^{1,†}, R A Afifi Soweid ², T Eissenberg ^{1,‡}

Correspondence to: Thomas Eissenberg Virginia Commonwealth University and Syrian Center for Tobacco Studies, 1112 East Clay Street, Suite B-08, Box 980205, Richmond, VA 23298, USA; teissenbvcu.edu

Abstract

Context: The global tobacco epidemic may kill 10 million people annually in the next 20–30 years, with 70% of these deaths occurring in developing countries. Current research, treatment, and policy efforts focus on cigarettes, while many people in developing regions (Asia, Indian subcontinent, Eastern Mediterranean) smoke tobacco using waterpipes. Waterpipes are increasing in popularity, and more must be learned about them so that we can understand their effects on public health, curtail their spread, and help their users quit.

Objective: To conduct a comprehensive review regarding global waterpipe use, in order to identify current knowledge, guide scientific research, and promote public policy.

Data sources: A *Medline* search using as keywords “waterpipe”, “narghile”, “arghile”, “shisha”, “hookah”, “goza”, “hubble bubble” and variant spellings (for example, “hooka”; “hukka”) was conducted. Resources compiled recently by members of GLOBALink were used.

Study selection: Every identified published study related to waterpipe use was included.

Data synthesis: Research regarding waterpipe epidemiology and health effects is limited; no published studies address treatment efforts. Waterpipe use is increasing globally, particularly in the Eastern Mediterranean Region, where perceptions regarding health effects and traditional values may facilitate use among women and children. Waterpipe smoke contains harmful constituents and there is preliminary evidence linking waterpipe smoking to a variety of life threatening conditions, including pulmonary disease, coronary heart disease, and pregnancy complications.

Cookies and privacy

I Accept

Conclusions: More scientific documentation and careful analysis is required before the spread of waterpipe use. Selecting I Accept enables tracking technologies to support the purposes shown under we and our partners process data to provide. Selecting Reject All or Withdraw your consent will disable them. If trackers are disabled, some content and implementation may not be as relevant to you. You can resurface this menu to change your choices or withdraw consent at any time by clicking the Cookie settings link on the bottom of the webpage. Your choices will have effect within our website. For more details, refer to our Privacy Policy. [Cookie policy](#)

Reject All

[Manage preferences](#)

We and our partners process data to provide:

Statistics from Altmetric.com

Use precise geolocation data. Actively scan device characteristics for identification. Store and/or access information on a device. Personalised advertising and content, advertising and content measurement, audience research and services development.



94
See more details

- Picked up by **9** news outlets
- Blogged by **1**
- Referenced in **4** policy sources
- On **1** Facebook pages
- Referenced in **3** Wikipedia pages
- Referenced in **1** clinical guideline sources

260 readers on Mendeley

Request Permissions

If you wish to reuse any or all of this article please use the link below which will take you to the Copyright Clearance Center's RightsLink service. You will be able to get a quick price and instant permission to reuse the content in many different ways.

[Request permissions](#)

[View Full Text](#)

Footnotes

✉*: Also Institute of Epidemiology and Social Medicine, University of Muenster, Germany

✉†: Also Department of Health and Sport Sciences, and Center for Community Health, University of Memphis, Memphis, Tennessee, USA

✉‡: Also Department of Psychology and Institute for Drug and Alcohol Studies, Virginia Commonwealth University, Richmond, Virginia, USA

Read the full text or download the PDF:

[Buy this article \(£53\)](#)

[Subscribe](#)

[I Accept](#)

Cookies and privacy

We and our **273** partners store and access personal data, like browsing data or unique identifiers, on your device.

[Log In](#)

Selecting [I Accept](#) enables tracking technologies to support the purposes shown under we and our partners process data

[Reject All](#)

to provide. Selecting Reject All or withdrawing your consent will disable them. If trackers are disabled, some content and ads you see may not be as relevant to you. You can resurface this menu to change your choices or withdraw consent at any time by clicking the Cookie settings link on the bottom of the webpage. Your choices will have effect within our Website. For more details, refer to our Privacy Policy. [Cookie policy](#)

[Manage preferences](#)

We and our partners process data to provide:

Use precise geolocation data. Actively scan device characteristics for identification. Store and/or access information on a device. Personalised advertising and content, advertising and content measurement, audience research and services development.

Locum Consultant in Rehabilitation Medicine (10hr SJH / 5hr Peamount Healthcare / 3.5hr NRH)

Tallaght, Dublin 24 (IE) |

Locum Consultant in Rehabilitation Medicine (10hr SJH / 5hr Peamount Healthcare / 3.5hr NRH)

Recruiter: Tallaght University Hospital

[Apply for this job](#)**Salaried GP****London (Greater)** |

We are looking for a 7 session GP with interest in men's health (permanent position starting Apr'26)

Recruiter: The James Wigg Group Practice

[Apply for this job](#)**Salaried GPs****Lambeth, London (Greater)** |

Are you an ambitious and passionate General Practitioner seeking a rewarding career opportunity?

Recruiter: The Hurley Group

[Apply for this job](#)**Consultant Anaesthetist with special interest in Pain****Orpington** | £109,725 to £145,478 Per annum excluding London zone allowance**CONTENT****Latest content****Current issue****Cookies and privacy**[I Accept](#)**Archive**

We and our 273 partners store and access personal data, like browsing data or unique identifiers, on your device.

Browser cookie consent

Cookies are small files containing tracking technologies to support the purposes shown under we and our partners process data

[Reject All](#)**Most read articles**

to provide. Selecting Reject All or withdrawing your consent will disable them. If trackers are disabled, some content and

ads you see may not be as relevant to you. You can resurface this menu to change your choices or withdraw consent at

Top cited articles

any time by clicking the Cookie settings link on the bottom of the webpage. Your choices will have effect within our

Website. For more details, refer to our Privacy Policy. [Cookie policy](#)**Responses****We and our partners process data to provide:**

Use precise geolocation data. Actively You use device characteristics for identification. Store and/or access information on a device. Personalised advertising and content, advertising and content measurement, audience research and services development.

[Manage preferences](#)

About

Editorial board

Sign up for email alerts

Subscribe

Thank you to our reviewers

AUTHORS

Instructions for authors

Submit an article

Editorial policies

Open Access at BMJ

BMJ Author Hub

HELP

Contact us

Reprints

Permissions

Advertising

Feedback form

Accessibility

BMJ Group

[Website Terms & Conditions](#)

[Privacy & Cookies](#)

[Contact BMJ](#)

[Cookie settings](#)

Online ISSN: 1468-3318

Print ISSN: 0964-4563

Copyright © 2021 BMJ Publishing Group Ltd. All rights, including for text and data mining, AI training, and similar techniques reserved.

[I Accept](#)

We and our 273 partners store and access personal data, like browsing data or unique identifiers, on your device.

[Reject All](#)

Selecting I Accept enables tracking technologies to support the purposes shown under we and our partners process data to provide. Selecting Reject All or withdrawing your consent will disable them. If trackers are disabled, some content and ads you see may not be as relevant to you. You can resurface this menu to change your choices or withdraw consent at any time by clicking the Cookie settings link on the bottom of the webpage. Your choices will have effect within our Website. For more details, refer to our Privacy Policy. [Cookie policy](#)

[Manage preferences](#)

We and our partners process data to provide:

Use precise geolocation data. Actively scan device characteristics for identification. Store and/or access information on a device. Personalised advertising and content, advertising and content measurement, audience research and services development.