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Title: Acute effect of hookah smoking on ankle brachial index

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Body: Introduction: Recently hookah smoking has increased in Iran and this trend continues to be a serious problem for the population health especially among adolescents. There is a wrong attitude that hookah smoking is safer than cigarette smoking. Aims and objective: We aimed to evaluate acute effect of hookah smoking on ankle brachial index. This index is a non invasive measure of peripheral artery disease. Methods: The study design was a descriptive cross sectional, before –after, to assess the acute effect of hookah smoking among participants. The participants included healthy volunteer subjects who didn't have any underlying medical disease. They had experience of hookah smoking. Ankle brachial index was measured before and after of hookah smoking by using an automatic device. Data were analyzed using SPSS software. Results: Twenty nine persons participated in this study. All of them experienced hookah. The mean age of them was 32.2±9.09. The mean of ankle brachial index before hookah smoking was 1.06±0.1 whereas it was 0.88±0.1 after hookah consumption. P=0.001 Conclusion: Hookah smoking had acute effect on ankle brachial index. This index reduced after hookah consumption significantly. Therefore this type of tobacco product could be associated with the possibility of coronary artery disease. It suggests more study in this regard.