



# SHISHA

## WHAT IS SHISHA?

Shisha is specially prepared tobacco that is heated with charcoal. The charcoal burns the tobacco, and the smoke is drawn through a water bowl and inhaled through a tube with a mouth piece. Other names for shisha are hookah and narghile.

## EFFECTS

The effects start quickly and are more intense compared to cigarettes. The hookah pipe enables users to inhale larger amounts and for longer periods.

## RISKS

Shisha contains nicotine, tar, carbon monoxide and other toxic compounds.

During a 20-80 minute session, a shisha smoker can inhale the equivalent of 100 cigarettes.

Regular users risk of developing lung cancer, heart disease and health problems.

Infectious diseases such as herpes, tuberculosis and hepatitis can be spread through sharing hookah.

Breathing in a second-hand shisha smoke increases the risk of heart and lung disease. Babies, children are especially susceptible health problems.

## SHISHA AND THE LAW

The law classes shisha smoking the same as cigarette smoking. It is illegal to smoke shisha in an enclosed public place.

## TOP TIP

**Contact the Wirral Stop Smoking Service to get to stop.**

**T: 0151 541 5656**

**Email: [wiccg.ablwirral@nhs.net](mailto:wiccg.ablwirral@nhs.net)**

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**For more information about drugs and alcohol visit [drugtalk.co.uk](http://drugtalk.co.uk)**

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