# THE FACT
# SHISHA

## …usually contains tobacco



## …SO DON'T BE FOOLED!

Brent

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# THE FACT
# SHISHA
## ...usually contains tobacco

**MYTH** Shisha only contains fruit, molasses, honey and sweeteners

**FACT** Common flavours of shisha smoked in Brent contain addictive tobacco

* In tests, the most commonly used types of shisha in Brent all contained tobacco and nicotine. They also contained traces of arsenic, lead, mercury and cadmium.
* In shisha cafes you rarely see the package of the shisha you're smoking, so chances are you don't really know what you're smoking.
* Although 'herbal' (tobacco free) varieties of shisha do exist, anything you smoke will damage your lungs.
* Just because shisha tobacco smells and tastes less nasty than cigarettes, doesn't mean it's less dangerous – it's still tobacco, only it's been sweetened or flavoured using fruit essences or dried fruit.

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# THE FACT
# SHISHA

**…smoked for 45 minutes = 100 cigarettes worth of smoke**



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# THE FACT
# SHISHA

## …smoked for 45 minutes
## = 100 cigarettes worth of smoke

**MYTH** Smoking shisha is healthier than cigarettes and other forms of tobacco

**FACT** 45 minutes of smoking shisha is like inhaling 100 cigarettes

* A typical 1 hour session of smoking shisha means you breathe in 100 – 200 times the amount of smoke that you'd inhale smoking a single cigarette.

* Shisha tobacco is usually produced by burning charcoal or wood cinders. When these fuels burn they produce their own toxins which you also breathe in. Gross!

* Even sitting around shisha smokers is bad for you. The second hand smoke you breathe in is a mixture of smoke from the tobacco and smoke from the burning charcoal or wood, making it double trouble. It is also harmful to pregnant women and children.

* There is no proof that any device or accessory can make shisha smoking safer.

* Because shisha smoke is cooled by the water in the pipe it doesn't burn your lungs when you inhale. This means you are able to inhale it more deeply into your lungs, along with high levels of carbon monoxide – the stuff that comes out of car exhausts – and other toxins.

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# THE FACT
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## …can cause gum disease, bad breathe & tooth loss



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# THE FACT
# SHISHA

## …can cause gum disease, bad breathe and tooth loss

**MYTH** Shisha has no effect on teeth

**FACT** Shisha smokers are more likely to suffer from gum disease which can lead to tooth loss, than non-smokers or even cigarette smokers

* Compared with non-smokers, the relative risk for gum disease increases by 5 times for shisha smokers and 3.8 times for cigarette smokers.
* Gum disease is a chronic bacterial infection that affects the gums and bone that support your teeth. It can cause your gums to recede and your teeth to fall out.
* You might not know you have gum disease until it's gone too far. Common symptoms of the disease include:

  – Persistent bad breath
  – Red, swollen or tender gums
  – Bleeding when you brush or floss your teeth
  – Pus between your gum and tooth
  – You lose your teeth, or they start to separate.

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# THE FACT
# SHISHA

## …sharing can give you oral herpes



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# THE FACT
# SHISHA

## …sharing can give you oral herpes

**MYTH** Sharing shisha pipes is safe

**FACT** Oral herpes and other more serious illnesses can be transmitted by sharing shisha

* If someone using a shisha pipe has a cold sore (or oral herpes) and you use it after them without changing the mouthpiece, you can easily catch oral herpes. Sometimes you can see cold sores, sometimes you can't – especially if the light is dim, the cold sore is developing or if it has been covered up with lipstick. Cold sores are painful and there is no cure for them – once you have the oral herpes virus it doesn't go away and you'll suffer from cold sores all your life. If you are going to share a shisha pipe use your own mouthpiece every time.

* Sharing a shisha pipe also raises your risk of catching serious illnesses such as tuberculosis and hepatitis, as well as common colds and the flu. Changing the mouthpiece is likely to reduce this risk, but nasty microorganisms can still live inside the shisha pipe hose and the water bowl. The smoke you breathe in passes through the hose and water bowl and can pick up microorganisms on the way.

* Be responsible and think of others: don't smoke shared pipes if you are unwell, have a cough or sore throat, cold sore or an easily transmitted illness. Someone more vulnerable than you could become seriously unwell if you pass something on.

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# THE FACT
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## …contains cancer causing chemicals



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# THE FACT
# SHISHA

## …contains cancer causing chemicals

**MYTH** Shisha smoke is filtered through water so it filters out harmful ingredients

**FACT** Shisha smoke contains cancer causing chemicals that are not filtered out through water

* A World Health Organisation study showed that even after passing through water, shisha smoke still contained high levels of cancer causing chemicals including carbon monoxide and heavy metals.
* Several other studies have shown that smoking shisha is associated with an increased risk of developing cancers of the mouth, throat, lungs, bladder and stomach.
* Several shisha smokers say that they developed nicotine addiction through smoking shisha and now smoke cigarettes as well – which causes cancer.more vulnerable than you could become seriously unwell if you pass something on.

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