

Top 10 myth-busting facts

1. Shisha smoking can be as harmful as smoking cigarettes.
2. Fruit flavours disguise the harmful tobacco in shisha
3. Smoking shisha through bubbling water won't filter out dangerous toxins
4. Shisha smoking during pregnancy can harm the unborn baby
5. Second-hand shisha smoke poses a serious health risk
6. Sharing a shisha mouthpiece can spread diseases - e.g. TB, Oral herpes
7. 'Tobacco-free' shisha isn't safe - smokers can inhale dangerous levels of carbon monoxide
8. Shisha tobacco contains highly addictive nicotine
9. Charcoal and other heat sources applied to burn tobacco increase the health risk because they produce their own toxins when heated.
10. Any product containing tobacco should have health warnings on it however this is not always the case with Shisha.

Walk-in Clinics

Just turn up and be seen by the first available advisor.

Brentford Health Clinic

Multi Purpose Room
Boston Manor Road,
Brentford TW8 8DS
Wed 4.00pm - 5.45pm

Chiswick Health Centre

Fishers Lane, Chiswick
W4 1RX
Tues 5.30pm - 6.30pm
Thurs 4.30pm - 5.30pm

Feltham Centre for Health

Third Floor The Centre,
Feltham TW13 4GU
Tues 10.00am - 12.00pm
Tues 4.45pm - 6.30pm

Heart of Hounslow Centre for Health

92 Bath Road, Hounslow
TW3 3EL
Tues 10.30am - 11.30am
Thurs 4.30pm - 6.15pm
Sat 10.00am - 1.00pm

Heston Health Centre

25 Cranford Lane,
Heston, Hounslow
TW5 9ER
Tues 4.45pm - 6.15pm

The Isleworth Centre

146 Twickenham Road,
Isleworth, TW7 7DJ
Mon 4.15pm - 5.15pm

The Meadows Centre for Health

Chincilla Drive, Hounslow,
TW4 7NJ
Wed 10.30am - 12.00pm

West Middx University Hospital

Chest Clinic, Outpatients 2,
Twickenham Road,
Isleworth TW 7 6AF
Wed 4.45pm - 5.45pm

Hounslow

Stop Smoking Service



020 8630 3255



stop.smoking@hrch.nhs.uk

Hounslow and Richmond
Community Healthcare
NHS Trust



The TRUTH about SHISHA



London Borough
of Hounslow


SMOKEFREE

What is Shisha?

Flavoured tobacco is smoked through a water pipe. The damp tobacco which is placed in the head is then heated by hot coal which is placed on top.

Where is it from?

Shisha or hookah originates from the middle eastern part of the world.

What does it taste like?

Different flavours include apple, orange, lemon, mint, watermelon and many more.

Is it bad for you?

People tend to mistake shisha for not being as harmful as smoking cigarettes as they believe the water in the pipe clears out the bad toxins.

Furthermore because of all the fruity flavours they believe fruit is healthy, so how can it be bad?



Nicotine addiction - High nicotine levels in shisha smokers



Heart and circulation - Heart rate is greatly increased after one shisha session, having a harmful effect on the heart and blood circulation



Lung Function - Your lungs will be operating as if you are a heavy smoker



Carbon monoxide (CO) - Smoking shisha for 45mins brings your carbon monoxide levels 4 times higher than smoking a single cigarette



Pregnancy - Females who smoke shisha while pregnant result in the babies having lower birth weights

Infectious diseases - sharing mouthpieces risks transmitting infectious diseases for example **Tuberculosis**.

Shisha smoke contains chemicals that clog the **arteries** and are known to cause **heart disease**.

Why get support to stop smoking?

- free NHS 6-week programme
- you are 4 times more likely to quit with NHS support
- flexible times and locations available
- nicotine replacement therapy, eg, patches and inhalators available as well as other medication including Champix
- you'll immediately feel some of the health benefits of quitting
- save money

Tell us your thoughts about Shisha

Name

Telephone number

Email

What will you do after reading this leaflet?

Continue to smoke shisha

Cut down your shisha sessions?

Completely stop smoking shisha?

If you are interested in stopping smoking shisha, why not pop into one of our drop in clinics for free help and support?

Can we contact you with a follow up call regarding our services on how we can help and support you?

Yes

No

Signed