



For Further Help

How to make your business smokefree

Please contact Smokefree England on 0800 169 1697 or log onto www.smokefreeengland.co.uk.

How to stop smoking tobacco, cigarettes or water pipes or shisha

Please contact your local Stop Smoking Service on 0800 169 0169 or log onto www.gosmokefree.co.uk

“The risks to people who smoke shisha appear to be as great, if not more pronounced, than from smoking cigarettes”
(*Respiratory*, July – 2006)

i World Health Organisation (2005) Waterpipe Tobacco Smoke: Health Effects, research needs and recommended actions by regulators.

ii Knishkowsky et al (2005) Waterpipe Smoking: An Emerging Health Risk Behaviour *PEDIATRICS* Vol. 116 No. 1 July 2005, pp. e113-e119

For more information on the activities of the Network, or to comment on how we can improve our communications, please visit our website: www.nwlc.n.co.uk



Water or Shisha Pipe Smoking: Health Effects (also called hookah pipe or nargila)

The North West London Cardiac Network brings together clinicians, other professionals and managers from National Health Service (NHS) organisations across NW London to work together to ensure equal access to services and the overall improved outcomes for cardiac patients.

Smoking is a greater cause of death and disability than any single disease
(World Health Organisation, 2005)ⁱ

Smokefree England

In England, from 1st July 2007 all enclosed and substantially enclosed work and public places will become smokefree.

This includes smoke from tobacco, other substances that contain tobacco and any other substance in a form which can be smoked.

Smoking any substance, in any form, is harmful to your health.

This includes:

- manufactured cigarettes
- hand-rolled cigarettes
- pipes and cigars
- herbs
- waterpipes (also known as shisha; hookah; nargila)

The Smokefree law bans the use of waterpipes or shisha within any enclosed workplace, including shisha cafes, from 1 July 2007.

Similar bans are also in place in Iran, Turkey, Thailand, Egypt and Sudan.



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Is smoking a waterpipe harmful to my health?

Using a waterpipe to smoke tobacco is a serious potential health hazard to smokers and others exposed to the smoke from the pipe.

Smoke from a waterpipe contains many toxins known to cause serious diseases - heart disease, respiratory disease, lung cancer, and problems in pregnancy .

Chronic breathing problems like bronchitis occur at a younger age among shisha smokers than among cigarette smokers.

Smoking a waterpipe versus smoking a cigarette

The water in the waterpipe does not filter out harmful substances.

Waterpipe smoke still contains high levels of toxic compounds from both the fuel and the tobacco, including heavy metals and cancer causing substances.

No device or accessory is proven to make waterpipe smoking safer.

Typically, waterpipe or shisha smoking sessions last 20 – 80 minutes, during which time the smoker may take 50 – 200 puffs.

The waterpipe smoker may inhale as much smoke in one session as a cigarette smoker inhales consuming 100 or more cigarettes .

“Most people misleadingly believe shisha does not contain tobacco and that when they smoke they inhale herbal products ... It is the added flavours that make them feel they are smoking herbs, while they are actually taking in tobacco ... Smoking from a shisha pipe is far more dangerous than cigarette smoking because the amount of nicotine cannot be measured due to packing differences”.
The Khaleej Times (Arab Emirates, 4th June 2006)

Smoking a waterpipe as a social activity

Waterpipe smoking is often a social event with two or more people sharing the same waterpipe.

Potential dangers arise from infections like tuberculosis (Tb) and hepatitisⁱⁱ.



Secondhand Smoke

Secondhand smoking occurs when you breathe other people's smoke by being near people who are smoking tobacco.

Secondhand smoke contains over 4,000 chemicals in the form of particles and gases – 60 of which are known or suspected cancer causing substances.

Just 30 minutes of breathing other people's smoke reduces blood flow to your heart.

Secondhand smoke from waterpipes is a mixture of tobacco smoke and fuel smoke and therefore is a serious health risk for non-smokers too. If you are pregnant the risk is even higher.

Smokefree England & Waterpipe smoking

From 1 July 2007, the Smokefree law bans the use of waterpipes or shisha within any enclosed workplace, including shisha cafes.

Employers, owners and managers must:

- 1. Ensure their premises are smokefree.**
– Failure to comply could result in a fine of up to £2,500.
- 2. Ensure that prescribed 'no smoking' signs are displayed.**
– Failure to comply could result in a fixed penalty notice of £200 or a fine of up to £1,000.

People who smoke in smokefree premises can receive a fixed penalty notice of £50 or be fined up to £200.

