

QuitTM

Shisha

Shisha is a way of smoking tobacco using a waterpipe. Waterpipes are also called hookah, narghile, argihle, hubble bubble or goza. To smoke shisha, moist tobacco (called maassel) is heated with burning charcoal or electric heating. The maassel is often sweetened or flavoured with fruit or mint. The smoke passes through water and is then breathed in through a hose and mouthpiece. Shisha that is herbal, tobacco free or electronic still makes harmful chemicals. Filters, mouthpieces, additives and water in the shisha do not clean the smoke, even if they say they do. Smoking shisha is always harmful to your health.

Why shisha is harmful

Shisha is something some people do together at social events or as part of their culture, but it still has serious health dangers.

Shisha smoke has about 300 different chemicals including nicotine, which is very addictive. The charcoal used to heat maassel produces dangerous smoke. This smoke has **dangerous chemicals and particles that can cause cancer**. Even if you don't use maassel, any shisha smoked with charcoal has these harmful chemicals.

The smell that comes from shisha is from flavourings added to the tobacco. Many of these flavourings are not meant to be breathed in because they can harm the lungs.

Compared to smoking one cigarette, during a one-hour shisha session, someone will breathe in around:

2-3x

the amount
of nicotine

11x

the amount
of carbon
monoxide

25x

the amount
of tar

100x

more lead

Health impacts

When breathed in, shisha smoke can cause serious health problems to you and others around you, including babies and children. Some of these include:

- Increased heart rate
- Higher blood pressure
- Coughing, wheezing, weaker lungs and worse asthma in children
- Stroke, heart disease and lung disease
- Cancers of the lung, stomach, bladder, head and neck
- Problems in pregnancy such as lower birth weight, which means the baby may be more likely to become sick.

Shisha and young people

Children and young people should not smoke shisha or be around shisha smoke. Research shows that teenagers and young adults who have smoked shisha are more than twice as likely to start cigarette smoking than those who had never smoked shisha.

It is easy to become addicted to nicotine, especially for young people. A young person's brain is developing until the age of 25. Nicotine can harm brain development in young people, which may affect memory and concentration.

Shisha and the law

In Australia, shisha that contains tobacco is regulated like any other tobacco product, generally meaning it can't be:

- sold to anyone under 18
- used in places where smoking is banned
- displayed or advertised at the point of sale
- given away for promotion.

These laws are made to keep people safe from the harms of tobacco use and second-hand smoke.

Quitting shisha has many benefits

Shisha is harmful to you and the people nearby. Quitting shisha is the best way to protect your health. When you quit shisha:



Your lungs get healthier.



You are less likely to get heart disease, cancer or have a stroke.



You set a positive example and help keep your family and community healthy.



You save money.

Getting help to quit

1. **Call Quitline on 13 7848** for free counselling to help you quit shisha, smoking or vaping. Ask for an interpreter in your language.

Scan the QR code for more information.

You can also message Quit on WhatsApp +61 385 832 920



2. **Talk with your trusted health professional, such as a doctor or community nurse.** They can explain quit options and help you contact Quitline.

3. **For help in your language, go to:**

quit.org.au



A+ Accessibility



Recite^{me}

