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Sheesha

Sir: It is important that young people be actively discouraged from the new trend of Sheesha smoking. Smoking Sheesha is as dangerous as any other tobacco product and its usage should be banned. A commonly held belief is that Sheesha is harmless because the smoke first passes through water before it is inhaled.

According to World Health Organisation (WHO) findings, Sheesha smoking sessions often last for 20-80 minutes, during which the smoker may take anywhere between 50 and 200 puffs of the tobacco. The average Sheesha smoker therefore inhales the equivalent tobacco content of eight cigarettes in one session. Even after it has passed through water, the smoke produced by a Sheesha contains a high level of toxins, including carbon monoxide, heavy metals and other carcinogens. Many Sheesha Bars have opened in the commercial and residential areas of Islamabad and Rawalindi, which exclusively offer Sheesha with various fruit flavours. The authorities should seal all Sheesha bars across the country and advise the concerned departments to spread awareness regarding the hazards of smoking Sheesha.

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