

Generally parents do not allow their children to smoke cigarettes but frequently allow them to smoke "Sheesha" or "hukkah". In spite of passing through water, the smoke from a "Sheesha" or "hukkah" contains harmful chemicals that can cause 18 types of cancer, heart disease and strokes.

Say "No" to Sheesha

Flavoured Tobacco Causes Cancer!
A slow and painful death!

Tobacco smoke narrows blood vessels and causes impotence in males!

The water in Sheesha does not filter or remove the harmful chemicals of tobacco smoke.

In a typical 1-hour long Sheesha smoking session, a smoker inhales 100-200 times the amount of smoke as compared to smoking one cigarette.

Serving Sheesha to customers under 18 years of age is a crime punishable with fine and imprisonment!

Maintaining "Smoking Areas" or "Smoking Zones" inside restaurants is now a crime punishable under the law!

Sheesha causes throat cancer.

Smoking causes wrinkles on the face, from as early as the age of 20.



A Fact sheet from Tobacco Control Cell,
Ministry of Health, Government of Pakistan.



Sheesha causes mouth cancer:
what's so cool about a
disgusting habit?



International Union
Against Tuberculosis
and Lung Disease