

TORONTO WEST YOUTH COALITION

Today, we would like to discuss the health effects of smoking waterpipes, also known as hookah, goza, hubble bubble etc, but commonly known as shisha. Many youth members of Toronto believe shisha to be a harmless hobby which people take part in group sessions. Little do they know, that there are many censored health hazards in which they are unaware of due to the false advertisement and lack of knowledge presented about taking part in this activity.

Before we get to the topic of the health disadvantages towards smoking shisha, we want to give a brief description on the origin of the waterpipe. Shisha normally originated in the Middle-Eastern regions. Countries such as Egypt, India and Turkey is where shisha was most popular due to its cultural aspects. The use of waterpipes has expanded over the years in North America among young adults. Tobacco in waterpipes is burnt and then cooled by water before entering the lungs. Shisha can also be flavoured, sweetened or mixed with fruit to provide pleasurable taste.

One of the most important things to know about smoking Shisha is that there is 36 times more tar and 15 times more carbon monoxide than in cigarettes. Some of the health disadvantages to smoking shisha is that there are many cancer causing chemicals harmful metals and nicotine. Believe it or not a typical smoking session takes approximately 200 puffs compared to 20 puffs of a cigarette. Also, a lot of people find it harmless to pass around a shisha pipe during a session using the same mouthpiece. Those who take part in this have a higher risk of getting a cold, the flu, and sexually transmitted diseases such as oral herpes.

Therefore, we believe that the youth of Toronto should be informed about the consequences of smoking shisha. To start off, students should be informed through assemblies, surveys and posters. Assemblies should be held at least once a year with health officials to inform students about the risks they are taking by being involved by smoking hookah. Surveys should be given to classes to see what a student thinks whereas what they know. Posters should be posted around public areas such as schools, libraries, and parks.

Overall, we believe the public needs to be more educated on the use of waterpipes. By not knowing the effects of shisha and the reality behind it, many people are risking their lives especially young adults. Get educated, be safe, and live a healthy life.

Sincerely,

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