

# THE FACTS

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## Shisha – also known as Hookah, Hubble Bubble, and Narghile

Shisha is tobacco, often mixed with fruit, and heated in water by coal.



These are harmless right? Uh, not really.

- They may taste sweet, but shisha still contains tobacco. And as with all tobacco products, they are harmful to your health
- One hour of smoking shisha, is the same as inhaling 100 cigarettes worth of smoke!
- Which means it still has the danger of smoking cigarettes such as cancer and heart disease



- From sharing mouthpieces, smokers run the risk of herpes, hepatitis, and tuberculosis (TB). Gross!
- The act of the smoke passing through water does not make it healthy
- Smokers are more likely to develop mental illnesses, such as depression and anxiety

The good news? If you think you're addicted, you can still seek the same support as if you smoke regular cigarettes.

Find more on smoking and advice on how to quit at [ash.wales](http://ash.wales):



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# Y FFEITHIAU

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## Shisha – a elwir hefyd yn Hookah, Hubble Bubble, a Narghile

Tybaco yw Shisha, yn aml wedi'i gymysgu â ffrwythau, a'i gynhesu mewn dŵr â glo.



**Mae'r rhain yn diniwed? Dim mewn gwirionedd.**

- Efallai eu bod yn blasu'n felys, ond mae shisha yn dal i gynnwys tybaco. Ac fel gyda phob cynnyrch tybaco, maent yn niweidiol i'ch iechyd
- Mae awr o ysmegu shisha, yr un peth ag anadlu gwerth 100 sigarét o fwg!
- Sy'n golygu ei fod yn dal i fod â'r perygl o ysmegu sigaréts fel canser a chlefyd y galon



- O rannu darnau ceg, mae ysmygwyr mewn perygl o herpes, hepatitis, a thwbercwlosis (TB). Ychafil!
- Nid yw gweithred y mwg yn pasio trwy ddŵr yn ei wneud yn iach
- Mae ysmygwyr yn fwy tebygol o ddatblygu salwch meddwl, fel iselder a phryder

Y newyddion da? Os ydych chi'n meddwl eich bod chi'n gaeth, gallwch chi geisio'r un gefnogaeth o hyd â phe baech chi'n ysmegu sigaréts rheolaidd.

**Darganfyddwch fwy am ysmegu a sut i roi'r gorau iddi at [ash.wales](http://ash.wales):**



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