

SMOKING SHISHA

In an hour of smoking shisha you inhale as much smoke as 100 cigarettes

- Sweet flavours hide the taste of tobacco, but they don't reduce the harm.
- Shisha has many of the same dangers as cigarettes, including cancer and heart disease. It usually contains nicotine, so it can be addictive.
- Sharing mouthpieces can spread infections like cold sores (herpes), hepatitis and tuberculosis (TB).



Shisha is also known as hookah, hubble bubble and narghile.

MYTHS

There are lots of myths about shisha, **but the truth is:**



“It’s safer because smoke goes through water.”

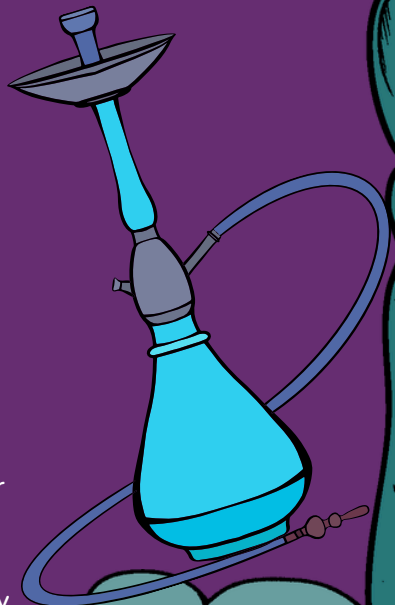
Passing smoke through water does not make it safer. The water only cools the smoke, so you may inhale it more deeply into your lungs.



“It’s just flavoured smoke.”

Shisha smoke comes from heated tobacco. Charcoal is used to heat it, creating a toxic mix of carbon monoxide and heavy metals that you inhale.

SMYGU SHISHA



Mewn awr o smygu shisha rwyf ti'n anadlu yr un faint o fwg ag y byddet ti ar ôl tua 100 sigarét.

- Mae blasau melys yn cuddio blas y tybaco, ond dydyn nhw ddim yn lleihau'r niwed.
- Mae gan shisha lawer o'r un peryglon â sigaréts, gan gynnwys canser a chlefyd y galon. Fel arfer mae'n cynnwys nicotin, felly gall fod yn gaethiwus.
- Gall rhannu darnau ceg ledaenu heintiau fel doluriau annwyd (herpes), hepatitis a thwbercwlosis (TB).

Mae shisha hefyd yn cael ei alw'n hwca, pibell ddŵr, cetyn dŵr a narghile.

MYTHAU

Mae 'na lawer o fythau am shisha, **ond y gwirionedd yw:**



“Mae'n fwy diogel oherwydd mae'r mwg yn mynd drwy ddŵr.”

Nid yw mynd â mwg drwy ddŵr yn ei wneud yn fwy diogel. Dim ond oeri'r mwg mae'r dŵr, felly efallai y byddi di'n ei anadlu'n ddyfnach i dy ysgyfaint.



“Dim ond mwg â blas ydy e.”

Daw mwg shisha o dybaco wedi'i gynhesu. Defnyddir golosg i'w gynhesu, gan greu cymysgedd gwenwynig o garbon monocsid a metelau trwm rwyf ti'n eu hanadlu.