

Cigarettes and Shisha

The Medical Perspective

WellWishers
Through **Charity** and **Education**
wellwishers.org.uk

Smoking

- The concept
- The statistics
- Passive effect
- What needs to happen

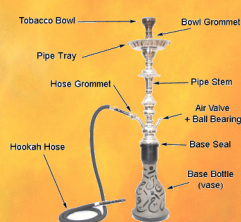


quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through **Charity** and **Education**

Shisha

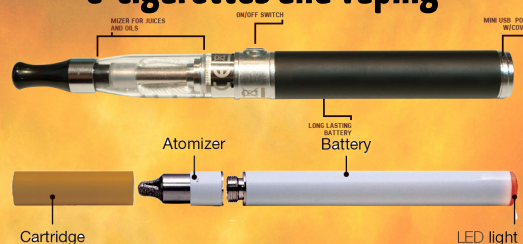
- Is it *really* harmful?
- Shisha bars and the shisha culture
- What we can do



quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through **Charity** and **Education**

e-cigarettes and vaping



- Who said they're '95% safer than smoking conventional cigarettes'?

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through **Charity** and **Education**

How to stop smoking

- **Physical**
 - nicotine replacement
 - Champix/Zyban
 - smoking cessation clinics
- **Psychological**
 - determination
 - find a replacement



quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through **Charity** and **Education**

Stop Smoking Comparison

NHS Nicotine Replacement Therapy	e-cigarette	Vaporizer
Free/£29.10	£200-400	£300+
Stop smoking support included	No support	No support
gum/patches/lozenges/inhalators/nasal sprays Champix/Zyban	Variable delivery of nicotine Safety concerns	Multiple flavours Regular delivery of nicotine Safety concerns

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through **Charity** and **Education**

Take home points

- All smoking is harmful
- Attend Smoking Cessation Clinic and use NRT to stop
- If you don't smoke, don't be shy to remind a smoker to stop

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

More Information

- www.nhs.uk/smokefree
- www.quitshisha.com
- Bolton Stop Smoking Service:
– 01204 462 345
- www.boltonft.nhs.uk/services/smoking-cessation/

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Join the campaign and sign the petition
bit.ly/SmokefreeEntrances

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Cigarettes and Shisha

The Islâmic Perspective

WellWishers
Through Charity and Education
wellwishers.org.uk

Harms of Smoking

HARM TO

1. Body/Health
2. One's Deen
3. Others
4. Wealth
5. Society/Environment

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Health in Islam

THE BODY

Amânah (trust)

has a right

Strong emphasis on health

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Health in Islam

PREVENTION OF ILLNESS/DEATH

Forbidden
acts allowed
in times of
necessity

Nature of
Fardh relaxed
Moderation in
worship

quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to the Body/Health

Injurious
to Health

Diseases

**SLOW
POISON**

Ill-health

TOXIC

CANCER



quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to the Deen

Affects Salaah & fasting

Cannot attend
Masjid/gatherings

Away from company of
the righteous

quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to the Deen

Addiction → temperament

Evil company/environment

Bad companion

Resemblance to people
of **Hellfire** (al-Ghāshiyah:7-8)

quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to others

Foul smell

Streets, entrances, **Masaajid**,
enclosed spaces

Worse than garlic/onions

Offensive to (non-smoking)

musalloon and **angels**

quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to others

Islam teaches
cleanliness

↓ e.g. ↓

**Siwaak /
Miswaak**



quitsmoking@wellwishers.org.uk - for any questions, feedback or
guidance on quitting

WellWishers
Through Charity and Education

Harm to others

Passive **smoking**

Affects children, family
Priority over necessities

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Waste of wealth

Squandering of wealth

→ "Brothers of the Shayateen"!

Also an **Amanah**

Judgement Day questioning

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Harm to society/environment

Serves as **bad example**

→ Children end up **smoking**

Evil company

Social ills, esp. in **Shisha**
bars



quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Harm to society/environment

Cause of **fires/damage** to
property

Bad odour/polluted air

Leads to other **evils**



quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Harm to Society/Environment

ABNORMAL



NORMAL

REGARDED
AS

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Ways to quit

**Acknowledge
problem**

**FIRST
STEP**



quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Ways to quit

Firm resolve/intention

Reliance on Allah

Du'a

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Ways to quit

Avoid **bad** company

Adopt **good** company

Consider rights of people

Reflection

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Advice to Non-Smokers

Encourage smokers to quit

Offer support/help

DO NOT humiliate / belittle

Adopt tact / wisdom

Gentle/soft words

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Petition

Ban smoking outside entrances of public buildings (especially hospitals)

Hospitals

Masâjid

Schools

Supermarkets

Libraries

Workplaces

bit.ly/SmokefreeEntrances

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education

Q & A

 [WellWishersUK](https://www.facebook.com/WellWishersUK)

 [@WellWishersUK](https://twitter.com/WellWishersUK)

quitsmoking@wellwishers.org.uk - for any questions, feedback or guidance on quitting

WellWishers
Through Charity and Education