

Cigarettes and Shisha

The Medical Perspective

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Through Charity and Education

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Smoking

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

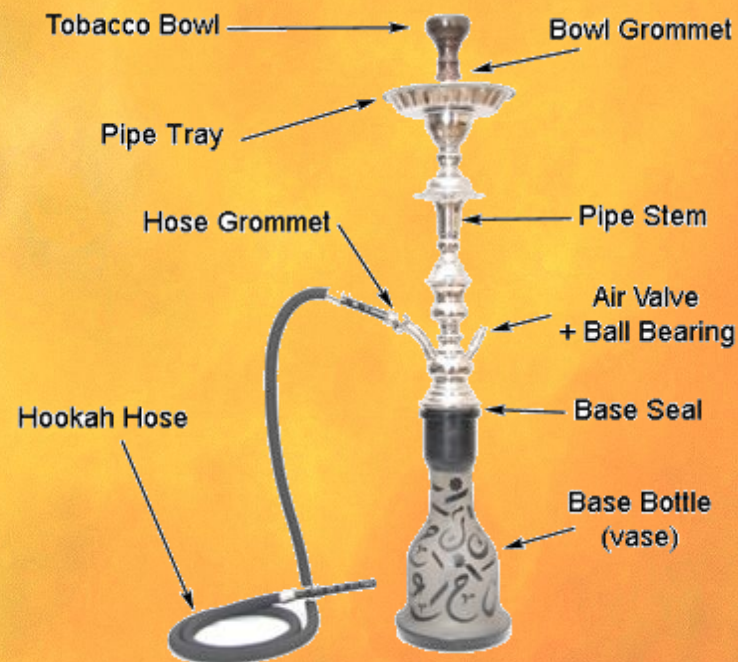


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Shisha

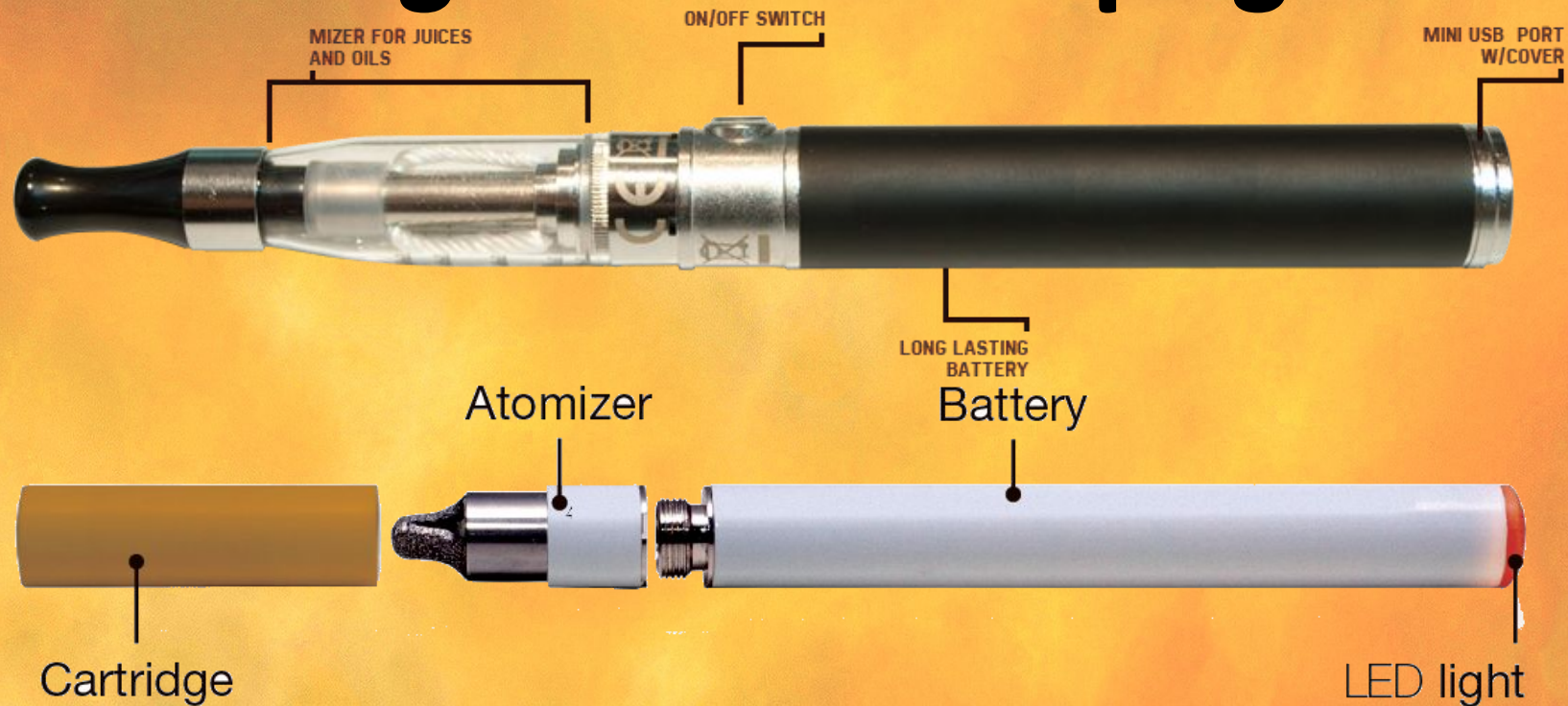
- Is it *really* harmful?
- Shisha bars and the shisha culture
- What we can do



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e-cigarettes and vaping



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

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How to stop smoking

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



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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

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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**

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More Information

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

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

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Cigarettes and Shisha

The Islâmic Perspective

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Harms of Smoking

HARM TO

1. Body/Health

2. One's Deen

3. Others

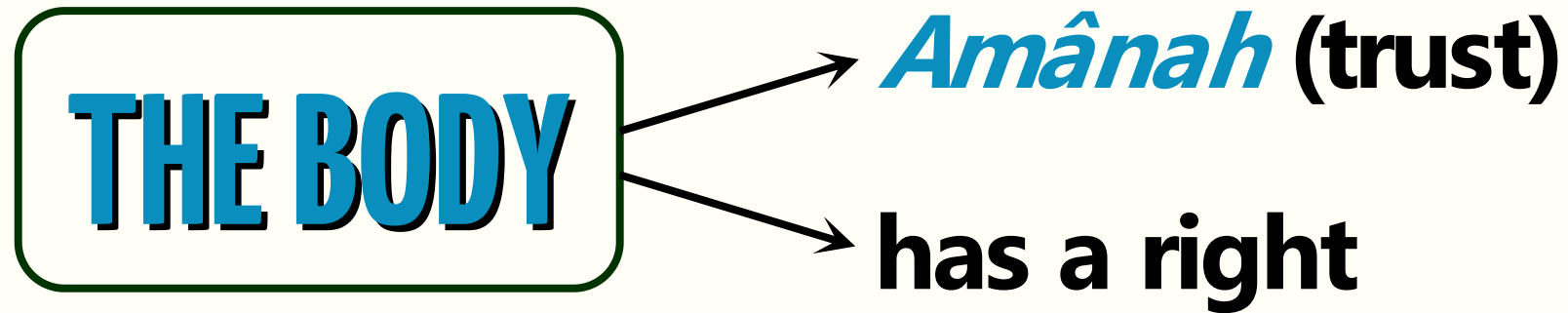
5. Society/Environment

4. Wealth

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Health in Islam



Strong emphasis on health

Health in Islam

PREVENTION OF ILLNESS/DEATH

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graph TD; A[PREVENTION OF ILLNESS/DEATH] --> B[Forbidden acts allowed in times of necessity]; A --> C[Nature of Fardh relaxed]; A --> D[Moderation in worship];
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**Forbidden
acts allowed
in times of
necessity**

**Nature of
Fardh relaxed**

**Moderation in
worship**

Harm to the Body/Health

**Injurious
to Health**

Ill-health

TOXIC

Diseases

SLOW

POISON

CANCER



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Harm to the Deen
Affects Salaah & fasting
Cannot attend
Masjid/gatherings
Away from company of
the righteous

Harm to the Deen

Addiction → **temperament**

Evil company/environment

Bad companion

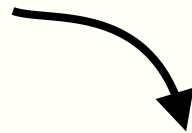
**Resemblance to people
of Hellfire** (al-Ghâshiyah:7-8)

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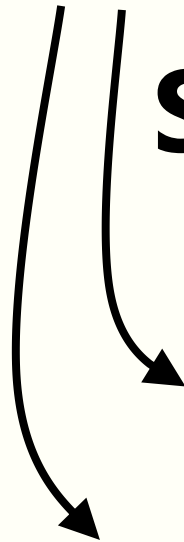
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Harm to others

Foul smell



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



Worse than garlic/onions

Offensive to (non-smoking)

musalloon and **angels**

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Harm to others

Islam teaches
cleanliness

↓ e.g. ↓

**Siwaak /
Miswaak**



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Harm to others

Passive **smoking**

Affects children, family

Priority over necessities

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Waste of wealth

Squandering of wealth

→ **"Brothers of the Shayateen"!**

Also an Amanah

Judgement Day questioning

Harm to society/environment

Serves as **bad example**

→ Children end up **smoking**

Evil company

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

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Harm to society/environment
Cause of fires/damage to
property
Bad odour/polluted air
Leads to other evils



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Harm to Society/Environment

ABNORMAL



REGARDED
AS

NORMAL

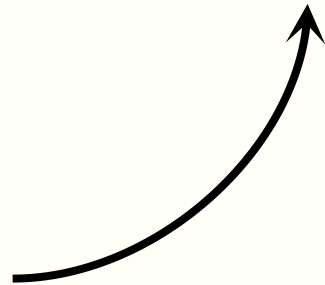
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Ways to quit

Acknowledge problem

FIRST
STEP



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Ways to quit

Firm resolve/intention

Reliance on Allah

Du'a

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Ways to quit

Avoid **bad** company

Adopt **good** company

Consider rights of people

Reflection

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Advice to Non-Smokers

Encourage smokers to quit

Offer support/help

DO NOT humiliate / belittle

Adopt tact / wisdom

Gentle/soft words

Petition

**Ban smoking outside entrances of
public buildings (especially
hospitals)**

Hospitals

Masâjid

Schools

Supermarkets

Libraries

Workplaces

bit.ly/SmokefreeEntrances

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Q & A

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