

# Think shisha is safer? Think again

One shisha session, 120 cigarettes: Experts sound alarm

● 23% of adults still smoke

● Passive smoke harms non-smokers

● Flavoured products fuel addiction

Mohammed Darwish

TDT | Manama

A single shisha session can expose smokers to as much smoke as around 120 cigarettes, health experts have warned, as they raised concerns over the growing cancer risks linked to tobacco use in Bahrain.

Dr Wafa Ajoor,

“Smoking raises cancer rates among both men and women, so it is better to quit it fully”

DR WAF AJOOR, VICE PRESIDENT OF THE BAHRAIN CANCER SOCIETY



vice president of the Bahrain Cancer Society, said smoking in all its forms remains a major cause of preventable cancer and warned against the com-

mon belief that shisha is a safer alternative to cigarettes.

“Smoking raises cancer rates among both men and women, so it is better to quit it fully,” she said.

According to Dr Ajoor, smoking is linked to several types of cancer, including lung and cervical cancer. She added that young women who smoke shisha may face additional health risks, including increased exposure to the human papillomavirus (HPV).

She said around 23 per cent of adults are smokers and urged users to seek help to quit, noting that nicotine replacement therapies such as gum and patches can improve the chances of success.

But the dangers do not end with smokers themselves.

Dr Ajoor warned that passive smoking continues to threaten the health of non-smokers, particularly children and families exposed to tobacco smoke

in public places and enclosed areas.

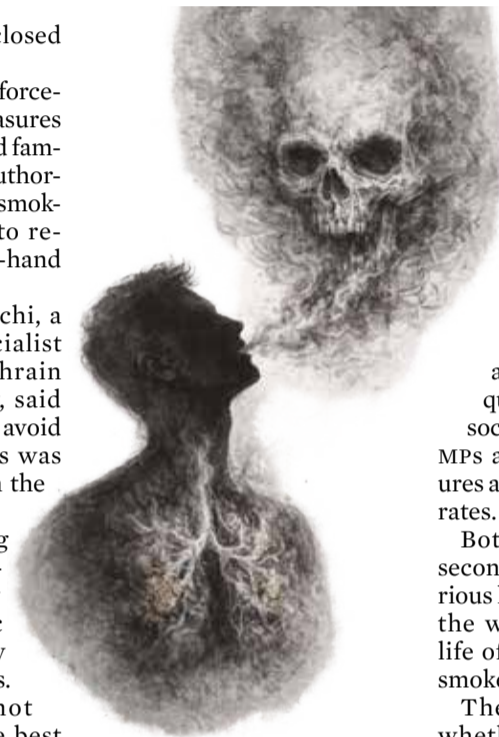
She called for tighter enforcement of anti-smoking measures in indoor spaces, parks and family venues, while urging authorities to ensure designated smoking areas are available to reduce exposure to second-hand smoke.

Dr Kadhem Al Halwachi, a smoking cessation specialist and member of the Bahrain Health Friends Society, said the most effective way to avoid tobacco-related diseases was never to start smoking in the first place.

He said anti-smoking awareness campaigns remain crucial, particularly as shisha and electronic cigarettes gain popularity among younger age groups.

“The message has not changed,” he said. “The best protection is to stay away from tobacco products altogether.”

Dr Al Halwachi noted that



flavoured shisha and e-cigarette products, of-

ten marketed with fruit and sweet flavours, can make smoking appear harmless while increasing the risk of addiction.

He said the Bahrain Health Friends Society continues to work with schools, students and the wider community to raise awareness about the health consequences of tobacco use. The society has also engaged with MPs and legislators on measures aimed at reducing smoking rates.

Both experts stressed that second-hand smoke carries serious health risks and can affect the wellbeing and quality of life of people who have never smoked.

Their message was clear: whether it comes from cigarettes, shisha or electronic devices, tobacco smoke remains a major threat to public health.

## MP condemns drone attack that injured child in Bahrain

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An Iranian drone attack that injured an 11-year-old girl and damaged homes and vehicles in Bahrain has been strongly condemned by MP Ahmed Al Salloom, who described it as a direct assault on the Kingdom's sovereignty and the safety of its people.

Mr Al Salloom, chairman of Parliament's Financial and Economic Affairs Committee, said the incident highlighted the dangers posed to civilians when attacks reach populated areas.

Ahmed Al Salloom, MP



An image released by the Ministry of Interior shows the aftermath of the June 10 incident.

The debris fell from drones that had been intercepted and destroyed. Several homes and vehicles were also damaged.

He said the attack constituted a violation of international law, established norms and humanitarian values, warning that civilians and residential neighbourhoods must never be placed at risk.

Mr Al Salloom praised the Bahrain Defence Force, National Guard, Interior Ministry, Civil Defence and health teams for their swift response to the incident.

He said their preparedness helped protect lives, limit damage and manage the aftermath effectively.

The MP stressed that such attacks would not undermine Bahrain's unity, noting that citizens would continue to stand behind His Majesty King Hamad bin Isa Al Khalifa and His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister.

He added that Bahrain's security and stability remain essential to economic development and regional prosperity, warning that threats against the Kingdom also pose risks to wider regional security.

Mr Al Salloom called on the international community to take a firm stance against attacks targeting civilians and to hold accountable those responsible for destabilising states and threatening public safety.

He said Bahrain would remain resilient through the unity of its people and the strength of its national institutions.

## Viral clips of animal cruelty spark police action



Mahmood Faraj, chairman of the Bahrain Society for the Prevention of Cruelty to Animals

Mohammed Darwish  
TDT | Manama

A man accused of abusing animals in a series of viral videos has been arrested and will be referred to the Public Prosecution following a complaint filed by the Bahrain Society for the Prevention of Cruelty to Animals.

The videos, widely shared on social media, allegedly show the same individual mistreating animals on separate occasions, prompting a wave of public complaints and concern over what animal welfare advocates described as a pattern of abusive behaviour.

One clip appeared to show the man holding a cat by the neck before throwing it at a parked car while laughing. Another video showed him allegedly pursuing a dog at speed in his vehicle.

Mahmood Faraj, chairman of the Bahrain Society for the



Prevention of Cruelty to Animals, said the organisation reported the matter to police after receiving numerous complaints from members of the public who had viewed the footage.

He praised the authorities for their swift response, saying the case was treated seriously and resulted in the suspect's arrest pending further legal action.

The videos sparked widespread outrage among animal welfare supporters, who urged authorities to take action against those responsible for harming animals.

Mr Faraj stressed that Bahrain's laws prohibit the abuse and mistreatment of animals and called for greater public awareness of the importance of treating animals with care and responsibility.

He added that the society would continue to monitor the case and cooperate with the relevant authorities to ensure the law is enforced and animals are protected from cruelty.