

## The use of fruits, substances and drugs in narghile smoking in a group of smokers in Almadina, KSA

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**Health Effects:** Maziak (2013) reported narghile smoking is being an important factor for cancer. Other researchers believed this type of smoking also causes adverse health effects (Daher et al, 2010; Ben Saad, 2009). Others considered the relationship between narghile smoking and adverse health effects as uncertain (Ben Saad, 2010). On the other hand, other researchers didn't recognize any adverse health effects for narghile smoking (Chaouachi, 2011). Other researchers found that the global tobacco epidemic may kill 10 million people annually in the next 20-30 years, with 70% of these deaths occurring in developing countries (Maziak et al, 2004). Some researchers found that the most common positive perceptions of narghile were related to its smell and taste. Negative perceptions of narghile included the pollution, and perceived adverse health effects (Maziak et al, 2004). Others found that narghile smoking is exposed to include damage to genetics compounds, increased risk of developing malignancies, infectious disease and damage to the fetus and newborn (Urkin et al, 2006).

**Prevalence:** Gelen et al (2011) reported narghile smoking prevalence to be 4. 8% among of sample of one Turkish University students and staff, a total of 2271 people were included that study. Dar-Odeh and Abu-Hammad (2011) reported narghile smoking as becoming more popular among young Arab females. Poyrazoğlu et al (2010) reported narghile smoking prevalence in a sample of Turkish university students to be 41. 6% among males and 20. 2% among females. Zoughaib et al (2004) reported narghile smoking prevalence to be 24% who admitted to regularly smoke narghile. His study was carried out on a sample of school teenagers in the southern suburbs of Beirut, Lebanon. Slama et al (2009) reported that smoking among adolescents is decreasing, and turning towards new tobacco products: cheaper forms of tobacco such as rolling or chewing tobacco, or fashionable forms such as narghile. This study was carried out on a sample of five private and public high schools in the French Alps region.

**Use of drugs in narghile:** Medical literature appearing in pubmed doesn't show any research work on the use of narghile as a vehicle to deliver drugs to the smoker. The use of alternatives for narghile: Shihadeh et al (2012) reported on an alternative narghile marketed as being "tobacco-free" for the "health conscious user" it is healthy alternative to tobacco products.

**Compositions of narghile:** Khater et al (2008) found that narghile smokers uses mixed composed of about 30-50% tobacco and various spices and dried fruits.

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