

The Earlier **You Quit**, the More You will Benefit

Quit Smoking and Keep Your Beauty

Quit Smoking for Better Health

- * In 12 hours, the carbon monoxide level in your blood drops back to normal
- * In 2 to 12 weeks, circulation and lung function improve
- * In 10 years, the risk of lung cancer is about half that of a smoker
- * In 15 years, the risk of coronary heart disease is that of a non-smoker

Protect Your Family and Improve Your Image

- * Protect your family against hazards of secondhand smoke
- * Improve personal appearance
- * Smell fresh and build up a healthy image
- * Become healthier and have a better quality of life
- * Reduce the risk of complications during pregnancy
- * Save money from buying cigarettes

Integrated Smoking Cessation Hotline, Department of Health :

1833 183

Website : www.tco.gov.hk

Tips on Quitting Smoking

- Set a quit day
- *
- Identify triggers as well as barriers and be prepared for them
- *
- Enlist support from family, friends, and fellow quitters
- *
- Discard all cigarettes, ashtrays and lighters
- *
- Avoid staying in places where people smoke
- *
- Be determined



Smoking and Women

It not only makes you
look **OLDER**

Smoking is **more Harmful** than You think

It has been the impression of some women that smoking can make them look “cool” and “stylish”. Some women even think that smoking can help control their weight. In fact, **smoking does not help reduce body weight. Instead, it seriously damages their health and appearance.**

Some smokers choose low tar or low nicotine cigarettes because they think these cigarettes may be less harmful to their health. However, all kinds of cigarettes are deadly and smokers may expose themselves to even higher risks if they think these cigarettes are safer and smoke more intensively.

It is well known that smoking causes **lung cancer, respiratory diseases, heart diseases and stroke.** But the hazards of smoking are not limited to these diseases.

Do You Know of...

Smoking affects the endocrine system — Smoking causes female infertility and menopause at an earlier age. Some studies suggest that smoking may alter menstrual function by increasing the risks of painful menstruation and menstrual irregularity.

Smoking damages appearance — Smoking brings yellowish discoloration to teeth and fingernails. It can accelerate the aging of skin and make you look older than your actual age by increasing facial wrinkles near the eyes and mouth.

Smoking causes cancers — Smoking not only causes lung cancer, but also cancers of the mouth, throat, tongue, oesophagus, stomach, bladder, pancreas, kidney and the cervix.

Smoking and secondhand smoke affects pregnancy — Toxins in tobacco smoke and secondhand smoke affect the development of foetus and cause low birth weight among infants. Smoking during pregnancy is associated with increased risks of placenta previa, abruptio placentae, preterm delivery, spontaneous abortion and stillbirth.

How to minimise the risks of getting these diseases? Quit smoking!

For Your Health and Appearance,

**Quit
smoking now**



衛生署控煙辦公室
Tobacco Control Office
Department of Health



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免費戒煙流動應用程式
Free Quit Smoking Mobile App

戒煙達人



Tobacco Control Office,
Department of Health

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