

你的美貌

吸煙何止損害

女士們，請注意



衛生署控煙酒辦公室
Tobacco and Alcohol Control Office
Department of Health



吸煙害處極多

有不少女士以為吸煙可以使她們看來更「獨立」和「有型」，但事實上吸煙會嚴重損害健康和影響儀容。

部分吸煙者以為選擇低焦油或低尼古丁含量的煙草產品對健康的危害較少，但其實所有煙草產品同樣可以致命。假如吸煙者誤以為這些煙草產品比較安全便增加吸用分量，反而令禍害加深。

眾所周知，吸煙能引致肺癌、呼吸系統疾病、心臟病、中風等致命疾病，但原來吸煙的禍害遠不止於此。

妳可知道…

吸煙損害女性生殖系統 — 吸煙使女性提早一至四年出現更年期，也會導致不育，更有研究指出吸煙會增加女性患上經痛和經期紊亂的機會。

吸煙影響儀容 — 吸煙使牙齒和指甲變黃，加速皮膚老化，令眼角和嘴角提早出現皺紋，使吸煙者看起來比真實年齡老得多。

吸煙導致癌症 — 吸煙除了會導致肺癌外，更已被證實可引致口腔癌、喉癌、舌癌、食道癌、胃癌、膀胱癌、胰臟癌、腎癌和子宮頸癌等。

吸煙和二手煙影響胎兒發育 — 孕婦吸煙或吸入二手煙，會影響胎兒發育，並使嬰兒出生體重過輕。準媽媽吸煙亦導致胎盤前置、胎盤早期脫離、早產、甚至自然流產和死胎等。

怎樣可減少患上以上疾病的機會？
答案只有一個 —— 立即戒煙！
對自己好，你要戒煙！

衛生署控煙酒辦公室

查詢：2961 8823

傳真：2575 8944

戒煙熱線：1833 183

網址：www.livetobaccofree.hk

留住青春 及早戒煙



愈早戒煙好處愈多 遠離疾病 健康再現

- * 戒煙12小時後，血液中一氧化碳含量下降至正常。
- * 戒煙2至12星期後，循環系統和肺部功能改善。
- * 戒煙10年後，肺癌死亡率大約等同於一個非吸煙者。
- * 戒煙15年後，患上冠心病機會率等同非吸煙者。

保護家人 改善形象

- * 保障家人免受二手煙的毒害
- * 留住青春，改善儀容
- * 不再滿身煙味，重新建立一個健康、清新的形象
- * 身體機能、生活質素得以改善
- * 減少妊娠併發症的機會
- * 更可省下購買煙草產品的金錢

戒煙小貼士

★ 訂下戒煙日期 ★



★ 評估可能遇到的障礙，預備對策 ★



★ 爭取家人、朋友及戒煙伙伴的支持 ★



★ 棄掉所有煙草產品、煙灰缸和打火機 ★



★ 盡量遠離有人吸煙的地方 ★



★ 保持堅定的意志和決心 ★



Smoking and Women

Smoking makes you look older



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



Smoking is more Harmful than You think

Some women may be under the impression that smoking can make them look "cool" and "stylish". In fact, smoking 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.

Did You Know...

Smoking detrimentally affects the reproductive system – Smoking causes female infertility and menopause 1 – 4 years earlier. 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 causes placenta previa, abruptio placentae, preterm delivery, spontaneous abortion and stillbirth.

There is only one way to minimise
the risks of getting these diseases -
Quit smoking!
Be good to yourself,
Quit smoking now!

Tobacco and Alcohol Control Office,
Department of Health
Enquiry : 2961 8823
Fax : 2575 8944
Quitline : 1833 183
Website : www.livetobaccofree.hk

Quit Smoking to Stay Vibrant



The Earlier You Quit,
the More You will Benefit

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 improves
- * In 10 years, the risk of dying from lung cancer is similar to that of a non-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 the hazards of secondhand smoke
- * Improve personal appearance
- * 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

Quitline : 1833 183
Website : www.livetobaccofree.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 ★

