

吸煙不是潮流

吸煙與青少年



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



吸煙不是潮流

香港的吸煙人口正逐漸下降而且吸煙者是少數，愈來愈多人因為吸煙的種種禍害而選擇戒煙。現時，每 100 人中，超過 90 人從未吸煙或已成功戒煙。無煙生活才是潮流！

很多人也知道吸煙能引致肺癌、呼吸系統疾病、心臟病、中風等致命疾病，但你會否以為自己年輕就可以忽視這些疾病，或誤以為吸煙可以減壓？

吸煙正解

吸煙令人上癮，帶來煩惱 — 大部分人嘗試吸煙時，也以為自己不會被煙草產品控制，但煙草中的尼古丁會令人上癮，結果愈吸愈多。

吸煙可加速皮膚衰老 — 吸煙者皮膚的皺紋比非吸煙者多，看起來也較衰老。

吸煙導致運動表現同耐力下降 — 吸煙導致血液中的一氧化碳含量急升，阻礙氧氣被輸送到肌肉及其他身體組織，令人容易氣喘。

吸煙損害女性生殖系統 — 吸煙導致不育，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。

吸煙導致性無能 — 煙草內的尼古丁會影響循環系統，導致陰莖充血不足及不能維持勃起。

吸煙浪費金錢 — 如果每天\$100購買煙草產品，每年就得花上超過\$3萬。何不把這些金錢儲蓄起來，慢慢再計劃如何使用。

為健康，為形象
珍惜自己，絕不吸煙

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

你至醒 拒絕吸煙



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拒絕吸煙你至醒

醒目的你當然知道吸煙百害而無一利，但如果身邊的好友邀請你吸煙，你懂得拒絕嗎？還是會為 "應酬" 而接受他們？

「喂，食支煙先啦……」

堅決拒絕 「我都唔食煙！」

「戒咗喇！」

反客為主 「呢度唔食得煙喎，你都唔好食啦！」

「呢期興戒煙喎，你仲食煙？」

談笑風生 「我唔想好似你咁成日企喺垃圾桶側邊食煙！」

「冇心情，唔想食，費事愈食愈煩！」

說明事實 「煙仔貴，食唔起，請我食都唔要！」

「食壞個肺，點打波呀！」

金蟬脫殼 「冇緊要事做，走先！」

「咪住！我約咗人，遲晒大到，唔講住啦，拜拜！」

愈早戒煙好處愈多

- * 身上和衣物上再無煙味
- * 建立一個健康、清新的形象
- * 遠離疾病，改善運動表現
- * 省下購買煙草產品的金錢
- * 你的朋友和家人會因為你戒煙而感到高興和自豪

戒煙熱線：1833 183
網址：www.livetobaccofree.hk

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 ★



★ 廉掉所有煙草產品、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 ★



青少年戒煙熱線

Smoking and Youth

Smoking is not trendy



Smoking is not trendy

The number of smokers in Hong Kong is decreasing and smokers are a minority. More and more smokers have been aware of the hazards of smoking and choose quitting. Currently, out of every 100 people, over 90 have never smoked or have successfully quit. It is now the trend to go for a tobacco-free lifestyle!

It is well known that smoking causes a number of fatal diseases such as lung cancer, respiratory diseases, heart diseases and stroke. However, will you ignore the risks of these diseases as it seems a very far away matter, or misbelieve that smoking may help to relieve stress?

Facts of Smoking...

Smoking is addictive and withdrawal symptoms are dreadful – Nicotine in cigarettes is addictive and causes you to smoke more than intended. People who experiment with smoking often become regular smokers.

Smoking can accelerate ageing of skin – Smoking makes you look older than your actual age as smokers usually have more wrinkles.

Smoking decreases athletic performance and endurance – Smoking causes a sharp rise in carbon monoxide levels in your blood, hindering oxygen delivery to muscles and other tissues, making you more prone to shortness of breath.

Smoking detrimentally affects the female reproductive system – Smoking causes infertility amongst females. Studies show that female smokers have a higher chance of suffering from menstrual disorders and painful menstruation.

Smoking causes erectile dysfunction – Nicotine affects the circulatory system and causes constriction of blood vessels in the penis. This may result in erectile dysfunction.

Smoking wastes money – It costs you over \$30,000 per year if you spend \$100 to buy cigarettes everyday. Why not save the money for better use?

Treasure yourself,
your health, and your image.
Say NO to smoking

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

Be Smart, say NO to Smoking



Be Smart, say NO to Smoking

We all know that smoking is hazardous to health, but do you know how to resist peer pressure when your friend offers you a cigarette?

“Hey! Have a cigarette.....”

Be firm

“I am a non-smoker!”
“I have quit smoking!”

Be proactive

“This is a no smoking area, you can't smoke here!”
“It's the trend to quit smoking now, isn't it?”

Be humorous

“I don't want to hang around the garbage bin all day!”
“I'm in a low mood, smoking doesn't help!”

Telling the Truth

“It's too costly for me, I can't afford that!”
“I'll play sports and smoking will affect my performance!”

Leaving the scene

“I have some urgent matter to deal with, I've got to go.”
“I have a meeting soon, I'm going to be late. Bye!”

The Earlier You Quit, the More You will Benefit

- * Smell fresh and build a healthy image
- * Reduce the risk of getting smoking related diseases
- * Perform better at sports
- * Save money from buying cigarettes
- * Your family and friends will be proud of your wise decision

Quitline : 1833 183

Website : www.livetobaccofree.hk



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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 ★



Youth Quitline