

對抗「煙癮」的方法 5Ds to tackle craving:

拖延：每次想抽煙時就盡量拖延數分鐘，回想自己戒煙的原因。

Delay in getting a cigarette for a few minutes when tempted to smoking, recall your reasons for quitting.

深呼吸：有助放鬆自己。

Deep breathing can relax yourself.

多喝水：減少酒類和含咖啡因的飲品。

Drink more water and avoid alcohol or caffeine-containing drinks.

分散注意力：例如與人傾談、洗臉。

Distract yourself from craving for tobacco by doing something else like making a phone call or washing face.

宣告：將戒煙這個好消息與人分享。

Declare that you have quit.

另外：

In addition:

有堅定意志：自我勉勵...「我可以堅持下去！」
Perseverance: tell yourself that "I can make it".

獎勵自己：將原本用作買煙的金錢，買一份禮物給自己或親友慶祝，也有激發及鼓勵之效。

Rewards: buy yourself a gift or celebrate with friends/relatives for your achievement.

寫下戒煙原因：煙癮起或心情不佳時，可翻看先前寫下的原因，以勉勵及提醒自己。

Write down the reasons of quitting smoking: review regularly the reasons you had written down, particularly when you get cravings or are in low mood, so as to remind and encourage yourself.

一刀切：這是正確戒煙的「基本法」。用持續減煙的方法，只會令成功戒除煙癮的機會降低！

Cold Turkey: this is the basis for proper smoking cessation. Quit by reduction would be more likely to result in failure!

均衡飲食：只要多吃蔬菜、水果，少進食高脂肪和高卡路里的食物，便毋須擔心體重增加了。

Balanced diet: Intake of more fibres such as vegetables and fruits, and less high fat high calorie food are ways to prevent weight gain.

其他配合：多做運動、充足休息和培養新的興趣，對戒煙也有幫助。

Others: regular exercises, adequate rest and new hobbies are all helpful in quitting smoking.

平衡抉擇表

Decisional Balance Worksheet

若你仍對自己的戒煙決定感到疑惑，我們鼓勵你嘗試完成下面的「平衡抉擇表」，希望藉此能令你對是否繼續吸煙有更清晰的方向，從而盡早作出戒煙的決定。

If you are still ambivalent on quitting smoking, you can finish the following "Decisional Balance Worksheet" to help you to have a clearer idea about quitting smoking, such that you can make the decision to quit smoking as soon as possible.

吸煙帶給你好的感覺 Positive feelings brought on by smoking	吸煙帶給你不好的感覺 Negative feelings brought on by smoking
戒煙帶給你不好的感覺 Negative feelings brought on by quitting	戒煙帶給你好的感覺 Positive feelings brought on by quitting
繼續吸煙的原因 Reasons for not quitting	戒煙的原因 Reasons for quitting

衛生署綜合戒煙熱線

Department of Health

Integrated Smoking Cessation Hotline

1833 183

明智抉擇 立即戒煙

Get Rid Of Smoking Set You Free!



作出明智抉擇，立即戒煙 Make up your mind - Quit Now

眾所周知，吸煙引起很多種不同的疾病，損害自己和家人的健康。戒煙是您為自己和家人所做最好的事。

Smoking causes many diseases. It is hazardous to the health of your family and yourself. Quitting smoking is one of the best things you can do for yourself and your family.

現在很多地方已成為非吸煙區。在禁煙區內吸煙，不單令人討厭，更是違法的行為。

Nowadays, lots of places are designated no smoking areas. Smoking inside them may cause embarrassment and even prosecution.

戒煙好處 多不勝數 Benefits of Quitting

若你成功戒煙，你可以.....
If you quit successfully, you can

- 減低患上心臟病、中風及多種癌症的機會。
Reduce the risk of getting heart disease, stroke or many cancers.
- 改善味覺及嗅覺功能；
Improve your sense of taste and smell.
- 保障家人免受二手煙危害；
Protect your beloved ones from the harm of secondhand smoke.
- 節省買煙的金錢；
Save money.
- 除去身體及衣服上的難聞煙味；
Be free from the fetid smell of your body and clothes due to smoking.
- 去除牙齒及指甲上的焦油煙漬；
Get rid of the tar stain on teeth and fingernails.
- 建立一個健康的形象；
Establish a healthy look.

「為自己，為家人，踏出戒煙第一步」 For Your Family & Yourself, Start To Quit!

- 及早訂下戒煙日期，並爭取家人和朋友的支持及幫助；
Set a quit date as soon as possible, and get support and help from your family and friends.
- 棄掉所有煙草產品、煙灰缸及打火機；
Discard all cigarettes, ashtrays and lighters.
- 盡量遠離有人吸煙的地方；
Stay away from places where people smoke.
- 若有人向你遞煙，要堅定地拒絕；
Say no to those who offer you cigarette.
- 向醫護人員索取戒煙資訊，或與我們聯絡。
Get more information from health care professionals or Tobacco Control Office.

提供戒煙服務的機構 Organizations Providing Smoking Cessation Services

- 衛生署
Department of Health
- 東華三院
Tung Wah Group of Hospitals
- 醫院管理局
Hospital Authority
- 博愛醫院
Pok Oi Hospital
- 香港大學
The University of Hong Kong

戒煙療程 Smoking Cessation Programme

- 1) 評估 Assessment
- 2) 輔導 Counselling
- 3) 藥物治療 (包括尼古丁及非尼古丁替代療法)
Medication (including Nicotine and Non-Nicotine Replacement Therapy)
- 4) 中醫針灸* Acupuncture*
- 5) 跟進 Follow up

- * 博愛中醫戒煙服務
- * Pok Oi Smoking Cessation Service using Traditional Chinese Medicine

衛生署綜合戒煙熱線 Department of Health Integrated Smoking Cessation Hotline

1833 183

按1字 : 衛生署戒煙熱線
Press 1: Department of Health
Smoking Cessation Hotline

按2字 : 東華三院戒煙熱線
Press 2: Tung Wah Group of Hospitals
Smoking Cessation Hotline

在港九新界設有服務處，於不同時段(包括黃昏週末) 提供免費戒煙服務。

Centres are distributed all over Hong Kong and provide free smoking cessation services in different time frames (including evening hours and weekends.)

按3字 : 醫院管理局無煙熱線
Press 3: Hospital Authority Quitline

按4字 : 博愛中醫戒煙服務
Press 4: Pok Oi Smoking Cessation Service using Traditional Chinese Medicine

博愛醫院的中醫流動醫療車，於不同地區及不同時段(包括黃昏及週末)免費提供戒煙服務。
Free smoking cessation service in mobile clinics of Pok Oi Hospital are serving different districts with different operation hours (including evening hours and weekends).

按5字 : 香港大學青少年戒煙熱線
Press 5: Youth Quitline of the University of Hong Kong

