對抗「煙癮」的方法
5Ds to tackle craving:

拖延：每次想抽煙時就經歷拖延數分鐘，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：有助於放鬆自己。
Deep breathing can relax yourself.

多喝水：減少咖啡因和含咖啡因的飲品。
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 the 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：煙癮或心情不佳時，可翻看先前寫下的原因，以勵勉及提醒自己。
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.

一口切：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，便不須擔心體重增加了。
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.
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.

- 建立一個健康的形象。
Establish a healthy look.

- 預防蛀牙及指甲上的焦油斑。
Get rid of the tar stain on teeth and fingernails.

戒煙療程 Smoking Cessation Programme

1) 評估 Assessment
2) 辦導 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) 追蹤 Follow up

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

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

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

按2號 : 衛生署戒煙熱線
Press 2: Department of Health Smoking Cessation Hotline

按4號 : 博愛中醫戒煙熱線
Press 4: Pok Oi Smoking Cessation Service using Traditional Chinese Medicine

戒烟热线
1833 183

Integrated Smoking Cessation Hotline
Free Quit Smoking Mobile App

eligibility@hksar.gov.hk

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