

It Not Only diminishes
your VITALITY

Smoking and Men



Smoking is more Harmful than You think

Most people know that smoking causes fatal diseases such as lung cancer, respiratory diseases, heart diseases and stroke.

Do you know that smoking may also cause erectile dysfunction, periodontitis, various kinds of cancers and peripheral vascular disease?

What You Should Know...

Smoking may cause erectile dysfunction — Nicotine affects the circulatory system and causes constriction of blood vessels in the penis. This may lead to erectile dysfunction.

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

Smoking causes periodontitis — Apart from halitosis (bad breath), smoking also affects the immune mechanism and makes smokers more susceptible to bacterial infection of the gums. This may result in gingivitis or even tooth loss.

Smoking causes peripheral vascular disease — Smoking causes atherosclerosis of the blood vessels in the extremities. When the obstruction reduces the blood flow seriously, wound healing will be hindered. This may result in gangrene that require limb amputation.

Smoking harms the family — Secondhand smoke not only causes coughing, sore throat and headache, but also causes lung cancer and heart disease. In pregnant women, it may also increase the risk of preterm delivery and spontaneous abortion.

Quit smoking now to protect yourself and your family!

Smoking Cessation Hotline,
Department of Health :

1833 183

Tobacco Control Office,
Department of Health

Enquiry : 2961 8823 Fax : 2575 8944

Website : www.tco.gov.hk



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



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



戒煙達人

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

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Quit Smoking and Stay Healthy

- * Decrease the risk of cancers
- * Decrease the risk of heart disease and stroke
- * Improve lung function, reduce symptoms of chronic bronchitis and risk of asthma exacerbation
- * Improve senses of taste and smell

Protect Your Family and Improve Your Image

- * Remove the odour of smoking from clothes
- * Eliminate tar stain on teeth and fingernails
- * Build up a healthier image
- * Protect your family against the hazards of secondhand smoke
- * Save money from buying cigarettes

Tips on Quitting Smoking

Set a quit day

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Identify triggers as well as barriers and be prepared for them

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Enlist support from family, friends, and fellow quitters

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Discard all cigarettes, ashtrays and lighters

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Avoid staying in places where people smoke

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Be determined

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