



深呼吸：紓緩緊張情緒

Deep breathing: relieve your stress



做運動：分散注意力

Exercise: distract your attention



多飲水：減退煙癮

Drink water: reduce the addiction



把玩減壓球或原子筆：解手癮

Hold a decompression ball or a pen:

Rectify behaviour associate with tobacco use

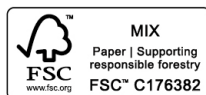


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無煙

SMOKE-FREE HANDBOOK

小冊子

www.smokefree.hk



香港吸煙現況

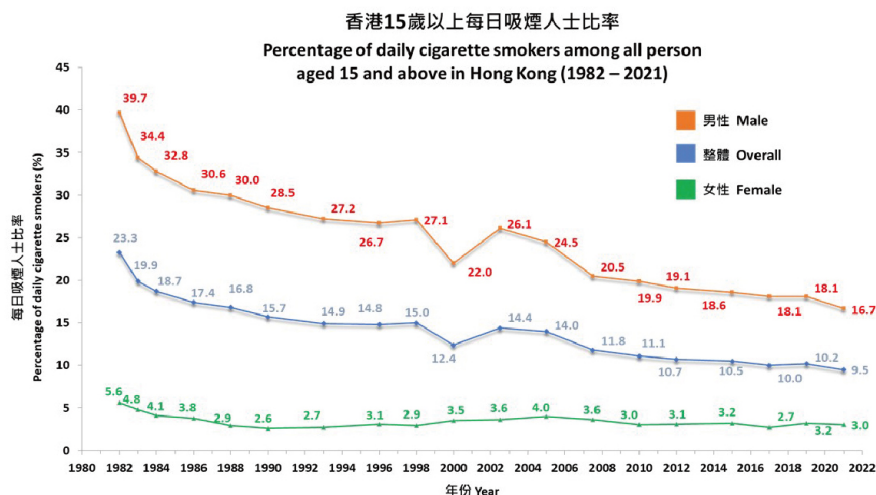
Smoking prevalence in Hong Kong

在2021年，香港每日吸煙人數佔全港15歲及以上人口的9.5%¹，相當於約581,500人，為全球吸煙率最低的地區之一。然而，香港每年仍有近6,800人因煙草而死亡，其中672名非吸煙人士因吸入二手煙致死。吸煙及二手煙每年在香港帶來的經濟損失更高達55.8億港元²。

In 2021, the percentage of daily cigarette smokers aged 15 and above in Hong Kong was 9.5%¹, equivalent to around 581,500 daily cigarette smokers, which is one of the regions with the lowest smoking prevalence rate in the world. However, there are around 6,800 people died of tobacco annually in Hong Kong and 672 of them are non-smokers. Smoking and secondhand smoke cause HK\$5.58 billion economic loss each year in Hong Kong².

香港15歲及以上每日吸煙人士比率 (1982-2021)

Percentage of daily cigarette smokers aged 15 and above in Hong Kong (1982-2021)



資料來源：政府統計處《主題性住戶統計調查第75號報告書》
Source: Thematic Household Survey Report No. 75 of the Census and Statistics Department

¹ 香港特別行政區政府統計處 (2021) 主題性住戶統計調查第75號報告書。

HKSAR Census and Statistics Department (2021). Thematic Household Survey Report No. 75.

² Jing Chen. PhD, Sarah McGhee. PhD, TH Lam. MD, PhD (2018). Economic Costs Attributable to Smoking in Hong Kong in 2011: A Possible Increase From 1998.



煙草成分及禍害

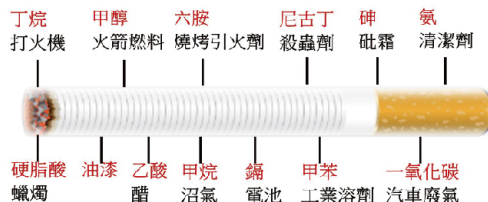
Composition of tobacco and smoking hazards

煙草含有逾7,000種化學物質，其中很多是帶有毒性及帶放射性的，當中超過70種是致癌物³。

Tobacco contains more than 7,000 chemicals, most of them are toxic and radioactive including over 70 carcinogens.

煙草中的三大殺手

Three major killers in tobacco



焦油 Tar

啡啡黃黃的黏稠物質，令牙齒、指甲變得又黃又黑

Brownish and sticky substance causes stains on teeth and nails.

影響肺部功能，導致口腔癌、喉癌及肺癌等

It damages the functions of lungs and leads to cancers of mouth, throat and lung.

尼古丁 Nicotine

無色無味的液體，在7秒內直達大腦，是一種烈性興奮劑

Colourless and odorless liquid which enters the blood vessels and reaches the brain within 7 seconds. It is a strong stimulant.

引致血壓上升、心跳加速、失憶、影響智力及集中力、心肌梗塞及腦中風

It leads to increase in blood pressure and heart rate, weakening of intelligence and concentration, myocardial infarction and cerebral stroke.

一氧化碳 Carbon Monoxide

無色無味的氣體，使身體所得到的氧氣越來越少

An odorless gas which will reduce the oxygen content in blood.

阻礙正常的血液循環，直接影響智力及記憶力

It hinders blood circulation and affects intelligence and memory.

其他的有害物質包括 Other harmful substances in tobacco

丙酮 (油漆溶液) Acetone (paint stripper)

氨 (清潔劑) Ammonia (detergent)

砒 (白蟻毒藥) Arsenic (ant poison)

丁烷 (打火機燃油) Butane (lighter fuel)

鎘 (電池) Cadmium (car batteries)

甲醇 (飛彈燃料) Methanol (rocket fuel)

荼 (臭丸) Naphthalene (moth balls)

甲苯 (工業溶劑) Toluene (industrial solvents)

氯乙烯 (塑膠原料) Vinyl Chloride (plastics)

氰化物 (死刑毒氣) Cyanide (poisonous gas)

³ US Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

吸煙引致的疾病

Diseases caused by smoking



煙草對健康危害極大，美國衛生部報告2014指出吸煙對身體幾乎每一個器官均造成損害⁴。多項研究均顯示兩個長期吸煙者中，一個會因吸煙而提早死亡⁵，平均損失壽命15年。

Tobacco use is hazardous to health. Smoking has been causally linked to diseases of nearly all organs according to the United States Surgeon General's Report 2014⁴. Many researches proved that one in every two smokers will die early from smoking⁵, shortening the life span of smokers for 15 years on average.

癌症 Cancers

吸煙是引致多種致命癌症的原因，包括口腔癌、咽喉癌、肺癌、食道癌、膀胱癌、腎癌、胰腺癌、胃癌、子宮頸癌及血癌等。

Smoking is responsible for many types of deadly cancers, including cancers of mouth and throat, lung cancer, oesophageal cancer, bladder and kidney cancer, pancreatic cancer, stomach cancer, cervical cancer and leukaemia, etc.

心血管疾病 Cardiac diseases

尼古丁會影響神經系統，導致心跳加速及血管收縮，繼而令血壓上升，引致的心血管疾病包括心肌梗塞、心臟病冠心病、動脈瘤、末梢血管病及中風等。

Nicotine in tobacco affects the nervous system, increases the heart rate and narrows the blood vessels which can elevate blood pressure. Cardiac diseases related to smoking include myocardial infarction, heart attack, coronary heart disease, aneurysm, peripheral vascular disease and stroke, etc.

呼吸系統疾病 Respiratory diseases

吸煙會令支氣管內積聚有毒物質，阻礙人體吸入的空氣正常呼出，嚴重者更會出現肺氣腫和慢性支氣管炎。

Smoking causes the accumulation of harmful substances inside the bronchial tubes. The obstruction of small airways in the lung prevents inhaled air from exit. Common smoking related diseases are emphysema and chronic bronchitis.

⁴ U.S. Department of Health and Human Services. The Health Consequences of Smoking — 50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease

⁵ Peto, R., Lopez, A. D. & Boreham, J. (1994). Mortality from Smoking in Developed Countries, 1950-2000. Oxford: Oxford University Press



生殖系統疾病 Genital diseases

吸煙會降低男士及女士的生育能力，直接減弱男性製造正常精子數量的能力，更會增加男士出現陽萎的機會。吸煙女士亦較難成孕，同時造成嬰兒出生體重過輕、容易流產及提早出現更年期。

Smoking reduces fertility. Smoking reduces the amount of sperms and increases the rate of abnormal sperms, as well as increases the risk of impotence in male smokers. It is also difficult for female smokers to become pregnant and babies born are on average lighter. The rate of spontaneous abortion (miscarriage) is higher and the natural menopause occurs earlier in women who smoke.

增加患上不同疾病的風險 Increased risks for many diseases

吸煙會損害視網膜的黃斑區，刺激微血管增生及引起黃斑病變，影響視力；減少身體及皮膚供氧量，加速老化；導致頭髮枯黃和早年白髮等。

Smoking may cause damage to the macula of the retina. Tiny blood vessels can burst through the macula, leading to irreversible damage. Tobacco use also decreases oxygen supply to body and skin; accelerates aging; leads to premature thinning and graying of hair, etc.



二手煙與三手煙的禍害

Hazards of secondhand & third-hand smoke

二手煙 Secondhand smoke

煙草不僅對吸煙人士有害，同時也會對其他接觸到煙草煙霧的人造成傷害。「二手煙」是指燃點捲煙時散發出的煙霧(支流煙)加上吸煙人士吸煙後呼出的煙霧(主流煙)，已被美國環境保護局列為「一級致癌物質」。長期吸入二手煙會增加患慢性呼吸病、哮喘、癌症及心臟病等機會，亦會即時刺激眼部及氣管，引起咳嗽、頭痛、喉部疼痛及噁心等。

Tobacco is not only harmful to smokers, but also damages the health of others who expose to the smoke. Secondhand smoke (SHS) refers to the emission from a lit cigarette (sidestream smoke) and the exhaled smoke (mainstream smoke). SHS has already been classified as Group A carcinogen by the United States Environmental Protection Agency. People who exposed to secondhand smoke will have higher risk of respiratory diseases, asthma, cancers and coronary heart diseases. Immediate effects include eye and trachea irritation, headache, cough, sore throat and nausea.

三手煙 Third-hand smoke

「三手煙」是指煙草燃燒時釋放的有毒物質，能依附在牆壁、衣服，甚至吸煙人士的頭髮和皮膚上。三手煙可存留數周甚至數月，即使開風扇、抽氣扇或開窗都無法消除，對幼兒的影響特別大，包括引致呼吸系統、認知及閱讀問題。

Third-hand smoke is the chemical residual of tobacco smoke contamination that clings to walls, clothing, hair and skin of smokers after the cigarette is extinguished. The toxins can persist for weeks and even for months. Ventilating a room by using fans or opening windows is not sufficient to rid the third-hand smoke. Infants and children are at the highest risk to expose to the third-hand smoke, leading to respiratory problems, cognitive deficits and reading deficits.





電子煙

Electronic cigarettes



電子煙並不會燃燒或使用煙草，而是將溶液予以汽化，再傳遞予使用者。部分電子煙外型與一般捲煙相似，亦有設計成原子筆、鋼筆、USB記憶體或其他形狀，使用時不易察覺。世界衛生組織指出電子煙並不屬於認可的戒煙方法。外國更有研究指，吸煙人士使用電子煙戒煙，有機會造成雙重使用尼古丁的情況。

E-cigarettes are devices that do not burn or use tobacco but instead vaporize a solution the user then inhales. The design of e-cigarettes is generally similar to traditional cigarettes. Some are produced in the form of everyday items such as pens, USB memory sticks or other shapes that are not easily to be noticed. World Health Organization does not recognize e-cigarette as a legitimate tool for smoking cessation. There are also overseas researches showing that smokers using e-cigarettes to quit smoking will cause dual use of nicotine.

電子煙成分及對健康的影響 Composition of e-cigarettes and its impacts on health

多項研究發現電子煙含有化學物質，在高溫下加熱及汽化後更有可能產生其他有害物質，當中包括尼古丁、丙烯乙二醇、甘油、多溴聯苯醚(PBDEs)和致癌物如多環芳香烴(PAHs)、甲醛、乙醛等，對健康造成危害。

Many researchers found that e-cigarettes contain chemicals that are harmful to health. Some chemical substances could release other toxic substances after heating and vaporization, e.g. nicotine, propylene glycol, glycerin, poly-brominated diphenyl ethers (PBDEs) and carcinogens such as polycyclic aromatic hydrocarbons (PAHs), formaldehyde and acetaldehyde which pose health risks.



加熱非燃燒煙草產品

Heat-not-burn (HNB) tobacco products

加熱非燃燒煙草產品(加熱煙)亦屬煙草產品，透過電子裝置高溫加熱至約350°C (而非點火燃燒)令捲煙產生含有尼古丁和其他化學物質的煙霧，讓使用者使用。煙草商聲稱加熱煙釋出的化學物較傳統捲煙少，可減少對身體的危害，但這是意圖淡化吸煙對身體帶來的傷害，以減低市民對其害處的警覺，吸引年輕人使用。

Heat-not-burn tobacco is a kind of tobacco products. Aerosol containing nicotine and other chemicals for users to consume is generated through an electronic device by heating up (rather than combusting) a tobacco stick with high temperature of about 350°C. Tobacco companies claim that HNB tobacco products release less toxins and are less harmful than traditional cigarettes. However, it is only aiming to downplay the health risks associated with smoking, reduce public awareness on their harms and attract youngsters to use.

加熱煙成分及對健康的影響

Composition of HNB tobacco products and its impacts on health

如同傳統捲煙一樣，加熱煙主要以煙草製成。歐洲有研究發現，加熱煙草同樣含有捲煙中常見的尼古丁、揮發性有機化合物(VOC)、一氧化碳及致癌物多環芳香烴(PAHs)等，損害健康。世界衛生組織表示所有形式的煙草使用都有害，煙草本身具有毒性，即使是天然形式也含致癌物質。

Same as traditional cigarettes, tobacco is the main ingredient of HNB tobacco products. An European research found that HNB tobacco contain chemicals commonly found in traditional cigarettes, including nicotine, volatile organic compound (VOC), carbon monoxide and carcinogenic polycyclic aromatic hydrocarbons (PAHs), which can pose health risks to human. According to the World Health Organization, all forms of tobacco use are harmful, including HNB tobacco products. Tobacco is inherently toxic and contains carcinogens even in its natural form.





水煙

Waterpipe Tobacco

水煙是源自中東地區吸食煙草的工具，通常以煤炭等燃燒加熱煙草，連接單一軟管或多條軟管抽吸煙草煙霧。吸煙者會用喉管吸入通過水盆的煙霧，亦會加入香料或其他口味，因此特別吸引青少年和不吸煙人士使用。另外，水煙壺的設計花巧華麗，意圖淡化其對健康的禍害。

Waterpipe is a tobacco-smoking device that originated from India and the Middle East. It is connected with single or multi-hose for inhaling tobacco smoke which heated by the lit charcoal. The smoke passes through a water bowl and is inhaled by the smoker through the hose. It is common that flavourings are added to the harsh tobacco in waterpipe to attract youth and non-smokers to use. Besides, the design of waterpipe devices are fancy and glamorous which intends to conceal the health risks of the products.

水煙成分及對健康的影響

Composition of Waterpipe tobacco products and its impacts on health

水煙煙霧含有致癮性的尼古丁，而且水煙煙霧中的化合物並不會通過水而過濾，仍含有大量焦油、一氧化碳、重金屬和致癌物等。當中一氧化碳及致癌物多環芳香煙的含量較傳統捲煙草更高。有研究發現水煙使用者吸食一小時水煙的煙霧吸入量，可達到一支捲煙的100至200倍，吸食後身體的一氧化碳水平也是一支煙所導致的至少四至五倍。水煙使用者亦會患上吸煙所導致的疾病，當中包括口腔癌、肺癌、胃癌、食道癌症、心臟疾病、心血管疾病、慢性阻塞性肺病、降低肺功能和降低生育能力等。

Waterpipe smoke contains the addictive substance nicotine and causes dependence. Smoke of tobacco contains numerous toxicants including tar, carbon monoxide, heavy metals and carcinogens even it passed through water. The concentration of carbon monoxide and carcinogenic PAH is even higher than traditional cigarettes. Research found that one-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette, it also results in a carbon monoxide level at least four to five times higher than the amount produced by one cigarette. Waterpipe smokers are at risk of the same kind of diseases as are caused by cigarette smoking, including oral cancer, lung cancer, stomach cancer, cancer of the oesophagus, heart disease, cardiovascular disease, chronic obstructive pulmonary disease, reduced lung function and decreased fertility.



尼古丁依賴程度測試

Fagerstrom test for nicotine dependence

利用下表了解對尼古丁的依賴程度，戒煙行動會事半功倍。
Use the following table to understand the nicotine dependence level.

	問題 Questions	選項 Response	分數 Score
1	你每天一覺醒來後多久才吸第一支煙？ How soon after you wake up do you smoke your first cigarette?	5分鐘 Within 5 minutes	3
		6-30分鐘內 6-30 minutes	2
		31-60分鐘內 31-60 minutes	1
		60分鐘後 After 60 minutes	0
2	當你身處非吸煙區內(例如商場、港鐵或升降機內)，會否感到難於忍住不吸煙？ Do you find it difficult to refrain from smoking in places where it is forbidden? (e.g. in a shopping mall, at a MTR station, in a lift)	會 Yes	1
		不會 No	0
3	你覺得哪一支煙最難放棄？ Which cigarette would you hate most to give up?	早上第一支 The first in the morning	1
		其他 Any other	0
4	在起床後數小時內你吸煙次數會否較在其他時間頻密？ Do you smoke more frequently during the first hours after awakening than during the rest of the day?	會 Yes	1
		不會 No	0
5	當你患病至大部分時間臥床時，你會否吸煙？ Do you smoke even if you are so ill that you are in bed most of the day?	會 Yes	1
		不會 No	0
6	你每天吸多少支煙？ How many cigarettes do you smoke per day?	31支以上 31 or more	3
		21-30支 21-30	2
		11-20支 11-20	1
		10支或以下 10 or less	0
		總分 Total Score	

總分 Total score	尼古丁依賴程度及戒煙忠告 Nicotine dependence and advice
0-3 較輕 Low	你對尼古丁的依賴並不算嚴重，只要使用有效的戒煙方法，應該可以成功戒煙。 Your level of nicotine dependence is still low. You should act now before your level of dependence increases.
4-5 中等 Moderate	你已開始對尼古丁有依賴，但依然有機會自行戒煙，只要下定決心，並使用有效的戒煙方法，一定可以成功戒煙。 Your level of nicotine dependence is moderate. With your own determination and right smoking cessation measures, you can quit it successfully.
6-10 偏高 High	你對尼古丁已經非常依賴。在未引發與吸煙相關的疾病前，請即從速戒煙。 (衛生署綜合戒煙熱線：1833 183) Your level of dependence is high. You should quit now before suffering from serious diseases caused by smoking. (Quitline: 1833 183)

戒煙承諾書

Smoking cessation referral form

立即下定決心戒煙，填妥以下資料，並電郵 (project@cosh.org.hk) 或傳真 (2575 3966) 至香港吸煙與健康委員會，以作轉介及跟進。

Act now and quit smoking! Please fill in the form and send to Hong Kong Council on Smoking and Health by email (project@cosh.org.hk) or fax (2575 3966) for smoking cessation referral services and follow-up.

☒ 我承諾於 _____ 年 _____ 月 _____ 日起，決心戒煙，並同意獲轉介至下列戒煙服務以作跟進。(請選擇一項)

I pledge to quit smoking starting from _____ (Day/Month/Year) and agree to be referred to the following smoking cessation service provider for follow-up. (Please choose one only)

☐ 醫院管理局戒煙輔導服務
Hospital Authority's Smoking
Counselling & Cessation Service

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

☐ 基督教家庭服務中心
Christian Family Service Centre

☐ 香港大學青少年戒煙熱線
HKU Youth Quitline

☐ 香港大學女性戒煙計劃
HKU Women Quit

☐ 博愛醫院中醫戒煙服務
Pok Oi Hospital Smoking Cessation
Service using Acupuncture

☐ 香港理工大學青少年戒煙熱線
The Youth Quitline, HK PolyU

☐ 九龍樂善堂「愛·無煙」前線企業
員工戒煙計劃
Smoking Cessation Program in
Workplace by The Lok Sin Tong
Benevolent Society, Kowloon

☐ 東華三院戒煙綜合服務中心
Tung Wah Group of Hospital
Integrated Centre on Smoking
Cessation

☐ 基督教聯合那打素社康服務
United Christian Nethersole
Community Health Service



姓名 Name : _____ 性別 Gender : ☐ 男 Male ☐ 女 Female

每日吸煙數量 Number of cigarettes consumed daily : _____ 支 Pcs

聯絡電話 Telephone : _____ 電郵地址 Email address : _____

☒ 本人已詳閱及同意以下「參加者聲明」及「收集個人資料聲明」。

I read and agree the below information of declaration and personal data collection statement.

參加者聲明 Declaration :

本人是吸煙人士並願意接受戒煙跟進服務。本人明白資料將由香港吸煙與健康委員會轉交至已選之戒煙服務作跟進之用，並確保承諾書上之資料皆屬真實及正確。如有任何爭議，香港吸煙與健康委員會將保留最終決定權。

I hereby declare that I am a smoker and agree to accept smoking cessation referral service. I understand that any personal information collected will be used by Hong Kong Council on Smoking and Health for the selected smoking cessation referral service only and declare that the information provided is true and correct to the best of my knowledge. In case there are any disputes, Hong Kong Council on Smoking and Health reserves the right to make the final decision.

收集個人資料聲明 Personal data collection statement :

參加者提供之個人資料，只會作為香港吸煙與健康委員會轉介戒煙個案跟進之用。根據《個人資料(私隱)條例》，參加者有權查閱及更正本會所持有參加者的個人資料。如欲查閱及更正相關資料，請電郵至enq@cosh.org.hk或致函「香港灣仔皇后大道東183號合和中心44樓4402-03室」，與本會項目籌劃經理聯絡。

Collected personal data will be used by Hong Kong Council on Smoking and Health for the smoking cessation referral service only. Participant have the right of access and correction with respect to the personal data as provided according to the Personal Data (Privacy) Ordinance. Enquiries concerning personal data provided, including the making of access and corrections, please contact our Project Manager at enq@cosh.org.hk or to Unit 4402-03, 44/F., Hopewell Centre, 183 Queen's Road East, Wanchai, Hong Kong.

簽名

Signature : _____

日期

Date : _____

戒煙好處多

Benefits of Smoking Cessation

由停止吸煙那一刻起，身體機能即逐步改善。

Quit smoking can bring immediate positive effects to your body .

20分鐘 minutes:



血壓、心跳及脈搏下降至正常水平
Blood pressure, heart rate and pulse rate drop to normal

12小時 hours:



血液中的一氧化碳含量下調至正常水平
Carbon monoxide level in blood drops to normal

**2星期 weeks-
3個月 months:**



患上心臟病的機率開始下降，而肺功能亦開始改善
Risk of heart attacked is decreased and improve lung health

1-9個月 months:



咳嗽、氣喘問題明顯改善
Coughing and shortness of breath improve

1年 years:



患上冠心病的機率比吸煙人士低一半
Chance of having coronary heart disease is 50% lower than smokers

5-15年 years:



中風的機會減低至跟非吸煙人士一樣
Risk of stroke is reduced to that of a non-smoker

10年 years:



因肺癌而死亡的機會比吸煙人士低一半，而患上其他癌症，如口腔癌、喉癌、食道癌、膀胱癌、腎癌及胰臟癌的機率亦降低
Risk of dying from lung cancer is 50% lower than smokers. Risk of other cancers, like oral cancer, throat cancer, esophagus cancer, bladder cancer, kidney cancer and pancreas cancer, is reduced

15年 years:



患上冠心病機率等同非吸煙者
Risk of coronary heart disease is that of a non-smoker



吸煙的謬誤

Myths of smoking

1. 吸食薄荷煙／果味煙／纖巧包裝的捲煙對身體的傷害較少？

Are the cigarettes with mint/ fruit flavor or thin packaging less harmful?

答：這只是自欺欺人的想法。事實上，因為薄荷煙／果味煙的味道較易接受，反而令人吸得更深，增加有害物質停留肺部的時間。煙草商在煙草加入各種口味或推出不同包裝，都是宣傳及混淆視聽的手法，企圖掩飾和淡化煙草產品的禍害，世界上根本沒有安全的捲煙。

A: It is self-deceived. In fact, as the taste of flavoured cigarettes is more acceptable, people smoke more deeply and the harmful substances will linger in the lungs longer. It is just a promotional strategy of the tobacco industry to create different flavours and packages of cigarette to lure people to smoke and conceal the harmful effects of cigarettes. There are no "safe" cigarettes in the world.

2. 吸食水煙比較安全？

Waterpipe tobacco is safer?

答：水煙是煙草製成品的一種，部分人以為吸食水煙比捲煙較為健康及煙癮較少，其實並不正確。吸食一小時水煙涉及的煙霧吸入量是吸食支捲煙的100-200倍。雖然經過壺內的水過濾，但由水煙所產生的煙霧仍含有大量有毒化合物，包括焦油、一氧化碳、重金屬及致癌物質。水煙所用的助燃物和煤炭，在燃燒時會產生高濃度的一氧化碳、重金屬及碳氫化合物，進一步增加吸煙者的健康風險。

A: Waterpipe is a tobacco-smoking device. Many people misunderstand that waterpipe is safer and less addictive than cigarette. However, this concept is not correct. One-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette. Smoke of tobacco contains numerous toxicants including tar, carbon monoxide, heavy metals and carcinogens even it passed through water. The combustion of charcoal increases the health risks by producing high levels of carbon monoxide, heavy metals and hydrocarbons.



3. 戒煙令人體重增加？

Will people gain weight after quitting smoking?

答：吸煙人士味覺受到煙害破壞，而戒煙後，身體的機能逐漸回復，味覺和嗅覺都得到改善。假如不注意飲食，體重有所增加也不足為奇，但只要保持均衡飲食及做適量運動，便可以保持健美。

A: The taste buds of smokers are damaged. After they quit smoking, the body functions start resuming normal and the senses of taste and smell will also be improved. It is not surprising that people will gain weight if they do not have a balanced diet after quitting smoking. You can be fit with a healthy diet and sufficient exercises.

4. 吸煙能讓人感覺輕鬆，戒煙反而不自在？

Does smoking help relax? Will smokers feel uncomfortable when quit smoking?

答：煙草成分中的尼古丁令人產生飄飄然的錯覺，事實上，它令腎上腺素分泌增多，導致心跳加速、血管收縮及血壓上升，絕不能使人放鬆。當吸煙者戒煙時，身體可能會因為未能即時適應尼古丁水平下降而產生短暫的生理不適，亦即是「退癮徵狀」。常見的退癮徵狀包括：頭暈、頭痛、疲倦易怒、精神不集中、失眠、情緒不穩、食慾增加等。根據尼古丁上癮程度，每位戒煙者的退癮徵狀都不相同，退癮徵狀一般會在戒煙的首7日內較明顯，然後逐漸減退，並在一個月內消失，而戒煙後會感到精神充沛。

A: Nicotine in tobacco creates illusion in smokers. In fact, it will raise the adrenaline level, increase heart rate, narrow blood vessels and elevate blood pressure, which will not make people at ease at all. When quitting smoking, people may experience some temporary “withdrawal symptoms” due to the sudden drop of nicotine level. The common symptoms include dizziness, headache, hot temper, distraction, insomnia, unstable emotion and good appetite. The symptoms varies among different people and are normally most obvious in the first 7 days of quitting and will fade gradually in a month.

5. 成功戒煙必須依靠戒煙輔助藥物？

Is it necessary to use cessation aids to quit smoking?

答：當吸煙者開始戒煙，身體可能會因尼古丁水平減少而出現退癮徵狀。研究指出，戒煙輔助藥物能舒緩退癮徵狀，有效提升戒煙成功率。使用戒煙輔助藥物如戒煙貼、戒煙香口膠是戒煙方法的一種，但並非必需，部分吸煙人士亦能以個人意志或其他方法戒掉煙癮。在使用任何戒煙輔助藥物之前，應先諮詢醫護人員或戒煙輔導員。無論用什麼戒煙方法，意志和恆心是必需的。

A: Quitters may experience withdrawal symptoms during smoking cessation. Studies showed that medications for quitting smoking can relief the symptoms and raise the quit rate effectively. Cessation aids like Nicotine Gum and Nicotine Patch can facilitate smoking cessation but are not essential. Many smokers can quit successfully by their own will and other methods. Consultation of professional medical practitioners or smoking cessation counselors is necessary before using any cessation aids. After all, strong will and persistence is crucial for kicking the smoking habit.

香港主要戒煙服務機構

Major smoking cessation service providers in Hong Kong

政府資助多個團體開展不同類型的戒煙服務，並提供免費戒煙藥物，令吸煙人士可以獲得專業的戒煙支援。

The Government subsidizes various organizations to provide different professional smoking cessation services and complimentary smoking cessation pharmacotherapies helping smokers kick the habit.



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

查詢電話 Hotline: 1833 183
網頁 Website: www.livetobaccofree.hk



基督教家庭服務中心 Christian Family Service Centre Headquarters

查詢電話 Hotline: 2191 2887
網頁 Website: <http://health.cfsc.org.hk/index.do>



香港大學女性戒煙計劃 HKU Women Outline

查詢電話 Hotline: 3917 6658 / 6752 6266
網頁 Website: <https://wquit.hku.hk>



香港理工大學青少年戒煙熱線 PolyU Youth Outline

查詢電話 Hotline: 3400 3799 或 1833 183
WhatsApp: 6126 5616
網頁 Website: www.polyuyql.com



東華三院戒煙綜合服務中心 Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

查詢電話 Hotline: 1833 183 / 2332 8977
網頁 Website: icsc.tungwahcd.org



醫院管理局戒煙輔導服務 Hospital Authority's Smoking Counselling & Cessation Service

查詢電話 Hotline: 1833 183 / 2300 7272
網頁 Website: www.ha.org.hk/goto/sccp



香港大學青少年戒煙熱線 HKU Youth Outline

查詢電話 Hotline: 2855 9557 / 5111 4333
(此電話設有WhatsApp服務)
網頁 Website: www.nursing.hku.hk/yquit



博愛醫院中醫戒煙服務 Pok Oi Hospital Smoking Cessation Service using Acupuncture

查詢電話 Hotline: 1833 183 / 2607 1222
網頁 Website: www.pokoi.org.hk



九龍樂善堂「愛・無煙」前線企業員工戒煙計劃 Smoking Cessation Program in Workplace by The Lok Sin Tong Benevolent Society, Kowloon

查詢電話 Hotline: 2272 9890
網頁 Website: www.scpw.hk



基督教聯合那打素社康服務 United Christian Nethersole Community Health Service

查詢電話 Hotline: 1833 183 / 3156 9012 / 2344 3019
網頁 Website: www.ucn.org.hk/?c=smoke_cessation