

# 吸煙每年使 七百多萬人死亡

失去生命、  
失去家人、  
失去所有，  
值得嗎？

死亡時間：  
隨時

## 醫院管理局 戒煙輔導服務



醫院管理局  
HOSPITAL  
AUTHORITY



無煙新天地  
醫院管理局戒煙輔導服務

醫院管理局戒煙熱線：2300 7272

衛生署及東華三院綜合戒煙熱線：1833 183

## 醫院管理局的 戒煙輔導服務



### 服務對象：

對象主要為醫管局的病人，目標是協助他們戒煙以進一步控制病情，亦歡迎任何有意戒煙人士查詢及使用服務。

### 服務內容及特色：

- 服務由跨專業團隊主理，輔導員均受過專門訓練，並由醫生提供支援；
- 以個人或小組形式提供服務，為戒煙人士訂立合適的戒煙方案，並按戒煙者的情況定期跟進，提供面談或電話輔導；
- 因應個別戒煙者的情況處方相關藥物協助戒煙；
- 另設有戒煙熱線供查詢。



### 藥物：

#### • 尼古丁補充療法

尼古丁補充劑是有效而安全的戒煙輔助藥物，可以暫緩病人於戒煙初期的尼古丁退癮徵狀，協助病人慢慢適應戒煙過程。尼古丁補充劑備有不同的種類和配方可供選擇。醫管局現時提供的包括戒煙香口膠、戒煙貼、戒煙糖，病人應按醫生或戒煙輔導員指示使用。

#### • 瓦倫尼克林

瓦倫尼克林是醫生處方的戒煙藥物，藉抑制腦部與尼古丁癮有關的受體，抑制煙癮及退癮徵狀。醫生會評估個別病人的情況，為有需要的病人處方及指導他們使用。



### 服務地點：

醫管局於全港設有多間「無煙新天地」戒煙輔導服務中心。有關中心詳情請瀏覽醫管局網頁 <http://www.ha.org.hk/goto/sccc> 或掃描右邊的二維碼 (QR Code) 直接登入。



## 戒煙貼士



### 個人意志：

無論採納一種或多種戒煙方法，仍需要你努力堅持。由今日起下定決心，訂立戒煙的日子，並告訴親友同事戒煙的決定。

### 克服心理挑戰：

- 時常提醒自己戒煙的原因和目標；
- 反覆記住，吸煙不是生活的一部份，戒煙是值得做的事情；
- 每次煙癮發作時，先忍耐兩分鐘，心裡由一數到十，盡量減低及控制心癮的影響。

### 徹底改變現狀：

- 找出自己吸煙的習慣和原因，從而作出改變，以助減退煙癮：  
如慣於飯後吸煙可改為飯後散步，睡前吸煙改為做伸展運動等；
- 煙癮起時，可以先深呼吸，放鬆自己，並做其他事情或用其他東西代替吸煙：  
如把蘋果切成小粒浸於淡鹽水中，每當煙癮發作時吃，既健康又有效；早上醒來煙癮起時，可以做其他事情或用其他東西代替吸煙；喝一兩杯清水，嚼香口膠、做緩慢深呼吸亦可分散注意力；
- 避免接觸誘發煙癮的事物及環境：  
減少飲用濃茶、咖啡、酒精飲品、或到誘發吸煙的場所；
- 發掘其他消磨時間的活動：  
如隨身帶備書籍、遊戲機等，方便消磨時間；
- 建立良好的嗜好：  
運動、飼養寵物等，嘗試寫日記抒發感受，將戒煙的理由、戒煙後有哪些好處和進度等一一記下。

參考資料：1. 衛生署控煙酒辦公室 (2012)：戒煙資訊。檢自 [https://www.taco.gov.hk/tc\\_chi/quitting/quitting.html](https://www.taco.gov.hk/tc_chi/quitting/quitting.html)  
2. 世界衛生組織 (2018)：煙草。檢自 <https://www.who.int/zh/news-room/fact-sheets/detail/tobacco>



# Are you going to let these tobacco products **harm** your health?



Smoking not only causes various cancers and other fatal diseases, such as lung cancer, oesophageal cancer, chronic obstructive pulmonary disease and cardio-cerebral-vascular diseases, but also increases the risks of osteoporosis, peptic ulcer, impotence, infertility etc.

## Smoking Counselling and Cessation Service in Hospital Authority

Smoking Counselling and Cessation Hotline  
of Hospital Authority : 2300 7272

Integrated Smoking Cessation Hotline  
of Department of Health and  
Tung Wah Group of Hospitals : 1833 183



## Smoking Counselling and Cessation Service in Hospital Authority

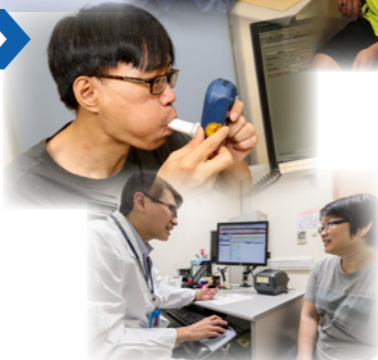


### Service Target:

Mainly for patients of the Hospital Authority, with an aim to enhance their disease control by assisting them to quit smoking. The service also welcomes any inquires and enrolment from other interested smokers.

### Service and Special Features:

- Service is delivered by specially trained multidisciplinary team, with the support of doctor;
- Service is delivered individually or in group format. A treatment plan will be formulated for the smoker and appropriate follow up, such as face to face/ telephone counselling, will be arranged;
- Drugs will be prescribed if needed;
- Hotline is also available for enquiries.



### Drugs:

#### Nicotine Replacement Therapy

Nicotine replacement therapy (NRT) is an effective and safe aid for smoking cessation, which helps patients alleviate the withdrawal symptoms and get used to the cessation process. It is available in different types and formulae. Commonly used NRT in Hospital Authority include nicotine gum, nicotine patch, and nicotine lozenge. Patients should follow the prescription and instruction of use by doctor or counsellors.

#### Varenicline

Varenicline is a drug prescribed by doctor for smoking cessation. It works at the same receptor in the brain as nicotine to help relieve the craving and withdrawal symptoms of the patients. Doctor will assess and prescribe Varenicline to patients, if indicated; and advise them the correct use of this drug.



### Service Location:

The Hospital Authority operates Smoking Counselling and Cessation Centres in different districts in Hong Kong. For details, please refer to the Hospital Authority Website (<http://www.ha.org.hk/goto/sccp>) or scan the QR code at the right for direct access.



## Tips on Quitting Smoking

### Individual Will :

Whether to quit smoking successfully is ultimately depending on your individual will, no matter how many ways of smoking cessation you take. To make your first move today, you should set a quit date and tell your family, friends and colleagues your determination to quit smoking.

### Overcome Mental Challenges :

- Repeatedly remind yourself your reasons and goal of quitting smoking;
- Remember that smoking is not part of your life, and quitting smoking is something worth doing;
- Whenever you urge for a cigarette, hold up for two minutes, count from one to ten in your heart so as to reduce and control the influence from cravings.

### Make Changes :

- **Figure out your habits and reasons of smoking, and make change of them so as to defeat your urge to smoke:**

For example if you are used to smoke after meals or before sleep, why not trying to jog after meals; or to do stretching exercises before sleep, etc.;

- **When a craving strikes, take a deep breath and relax yourself, then try to do something instead of smoking, such as:**

Eat healthy snacks, such as small pieces of apple soaked in weak salty water, whenever you feel craving;

To divert the morning craving, do something else, for example to drink a glass of water, chew gum, or take a slow deep breath;

- **Avoid triggers as far as practicable:**

Avoid drinking strong tea, coffee and alcoholic drinks; and going to places that might provoke cravings;

- **Explore other leisure activities:**

Have something with you to kill time such as books or electronic games;

- **Develop healthy habit:**

For example, physical exercise, keep a pet, jot down your reasons, advantages, and progress of quitting smoking on a diary to express your feelings.

References: 1. Tobacco and Alcohol Control Office, Department of Health (2012): Quitting Smoking. Retrieved from <https://www.taco.gov.hk/t/english/quitting/quitting.html>  
2. World Health Organization (2018): Fact sheets of Tobacco. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/tobacco>