

垂頭

喪氣

吸煙何止令你

男士們，請注意



衛生署控煙酒辦公室
Tobacco and Alcohol Control Office
Department of Health



吸煙害處極多

吸煙引致肺癌、呼吸系統疾病、心臟病、中風 — 很多人也知道。
但吸煙令男士陽痿、禿頭、牙周病，甚至多種癌症、末梢血管疾病 — 你又知多少？

不可不知...

吸煙導致陽痿 — 煙草內的尼古丁會影響循環系統，導致陰莖充血不足及不能維持勃起。

吸煙增加脫髮風險 — 煙草煙霧的有害化學物質會損害真皮內微絲血管和破壞毛囊DNA，影響毛髮生長周期。研究顯示，每日食超過20支煙的男性脫髮風險較非吸煙者大幅增加134%。

吸煙導致癌症 — 吸煙除了會導致肺癌外，更已被證實可引致口腔癌、喉癌、舌癌、食道癌、胃癌、膀胱癌、胰臟癌及腎癌等。

吸煙導致牙周病 — 一般人只知，吸煙會令牙齒變黃及引起口臭，但其實它更會削弱口腔組織的免疫力，並導致牙周病，結果出現牙肉萎縮、發炎，甚至令牙齒脫落！

吸煙導致末梢血管疾病 — 煙草的有害物質會令四肢的末梢血管出現病變，使血管栓塞的機會增加。若遇上損傷，傷口會因血液供應不足而使癒合速度減慢，還可能出現發炎、變黑、甚至壞疽而需要截肢。

吸煙禍及家人 — 二手煙不但引致咳嗽、咽喉痛、頭痛，更會引致肺癌、心臟病、使孕婦早產及流產機會增加。

為自己，為家人
及早行動，立即戒煙

衛生署控煙酒辦公室

查詢：2961 8823

傳真：2575 8944

戒煙熱線：1833 183

網址：www.livetobaccofree.hk

好處 愈早戒煙

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多



遠離疾病 健康再現

- * 減少患上各種癌症的機會
- * 減少患上心臟病及中風的機會
- * 肺功能改善，減少慢性支氣管炎徵狀及哮喘發作的機會
- * 味覺和嗅覺功能改善

保護家人 改善形象

- * 身上和衣物上再無煙味
- * 去掉牙齒及手指上的煙漬
- * 建立一個健康、清新的形象
- * 確保家人能在無煙的環境下生活
- * 更可省下購買煙草產品的金錢

戒煙小貼士

★ 訂下戒煙日期 ★



★ 評估可能遇到的障礙，預備對策 ★



★ 爭取家人、朋友及戒煙伙伴的支持 ★



★ 棄掉所有煙草產品、煙灰缸和打火機 ★



★ 盡量遠離有人吸煙的地方 ★



★ 保持堅定的意志和決心 ★



Smoking and Men

Smoking diminishes your vitality



The Many Harmful Effects of Smoking

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

Did you know that smoking also causes erectile dysfunction, baldness, periodontitis, various kinds of cancers and peripheral vascular disease?

What You Should Know...

Smoking causes erectile dysfunction – Nicotine affects the circulatory system and causes constriction of blood vessels in the penis. This leads to erectile dysfunction.

Smoking increases risk of hair loss – Harmful chemicals in tobacco smoke damage the capillaries in the dermis and disrupt hair follicle DNA, affecting the hair growth cycle. Studies have shown that men who smoke 20 or more cigarettes a day are at 134% increased risk of hair loss compared to non-smokers.

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 severely reduces blood flow, wound healing is hindered. This may result in gangrene that requires 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 causes preterm delivery and spontaneous abortion.

**Quit smoking now to protect
yourself and your family!**

Tobacco and Alcohol Control Office,
Department of Health
Enquiry : 2961 8823
Fax : 2575 8944
Quitline : 1833 183
Website : www.livetobaccofree.hk

The Earlier You Quit, the More You will Benefit

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

Quitline : 1833 183
Website : www.livetobaccofree.hk



Tips on Quitting Smoking

★ Set a quit day ★



★ Identify triggers as well as barriers and ★ be prepared for them



★ Enlist support from family, friends, ★ and fellow quitters



★ Discard all cigarettes, ashtrays and lighters ★



★ Avoid staying in places where people smoke ★



★ Be determined ★

