

愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

慎防濫用藥物 Prevent Drug Abuse



引言

Introduction

濫用藥物是指沒有依照醫務人員的指導或處方而服用藥物，又或隨便使用危險藥物而非作治病用途。

研究顯示濫用藥物會對心臟造成不良影響，如心律不正、心血管病、心臟衰竭、中風、及死亡。

Drug abuse refers to the taking of drugs without following medical advice or prescription, or the indiscreet use of dangerous drugs for non-treatment purposes.

Researchers have found that several cardiovascular complications associated with drug abuse. Some of the most frequent are disturbances in heart rhythm, heart attacks, heart failure and stroke. In some instances, sudden cardiac death may occur.



濫用藥物的原因

Causes of Drug Abuse

1. 好奇心、貪玩 Curiosity or desire for fun
2. 誤信偶然吸毒不會成癮 Mistaken belief that occasional abuse will not lead to addiction
3. 朋輩壓力及尋求朋輩認同 Peer group pressure and search for social acceptance
4. 解悶，面對壓力 Escape from boredom or having pressure from study or work
5. 缺乏父母的輔導 Lack of parental guidance
6. 不了解毒品對身體所造成的傷害 Unaware of the long term damage of drugs to one's health



預防濫用藥物

Prevent drug abuse

1. 直接向毒品說「不」 Say no to drugs
2. 建立正面自我的價值觀 Develop positive self esteem
3. 建立正當的情緒舒解方法 Develop positive ways in stress management
4. 認清毒品的禍害 Equip correct information on how drugs will ruin their lives
5. 諒解及關愛孩子可提供更大的動力過健康生活 Help children with love and understanding manner will be more motivated to lead a health life

對抗濫用藥物服務

Substance Abuse Treatment Services

萬一發現親人或朋友接觸到毒品，要讓他們懂得拒絕引誘。試試聯絡下列機構索取專業意見。 If you have family member or friend tempted with drugs, the best way to ensure that they say no. You can seek advice from different professional bodies.

機構名稱 Organisation	電話 / Telephone
基督教互愛中心 Wu Oi Christian Centre	2732 2779
香港戒毒會 SARDA	2574 3300
PS33	2368 8269
基督教信義會芬蘭差會 Finnish Evangelical Lutheran Mission	2691 5345
晨曦會 Operation Dawn	2321 2284
得基輔康會 DACARS	2673 8272
基督教巴拿巴愛心服務團 The Barnabas Charitable Service Association	2982 1008
基督教正生會 Christian Zheng Sheng Association	71128011-1942
基督教得生團契 New Being Fellowship	71128338-9299
聖士提反會 St. Stephen's Society	2720 0179
宣明會百合之家 World Vision of Hong Kong Lily's Home	2631 8581

康復服務及戒毒諮詢電話 Rehabilitation Service & Enquiry Hotline

機構名稱 Organisation	電話 / Telephone
培康聯會 Pui Hong Self Help Association	2576 2356
啟勵扶青會 KELY Support Group	2521 7359
善導會 The Society of Rehabilitation and Crime Prevention, Hong Kong	2527 1322
社區藥物教育輔導會 Community Drug Advisory Council	2521 2880
美沙酮門診治療計劃 Out-patient Methadone Treatment Programme	2835 1831
禁毒常務委員會戒毒諮詢熱線 Action Committee Against Narcotics	2366 8822



香港防癆心臟及胸病協會
The Hong Kong Tuberculosis,
Chest and Heart Diseases Association