



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

# 請即戒煙

## Quit Smoking Now

### 1. 引言

#### Introduction

研究顯示，吸煙人士比普通人患上心臟病的機會高兩至三倍。被迫吸入二手煙更會增加患上肺癌、心臟病、中風等致命疾病機會。愛護心臟應立即戒煙。 Studies have shown that smokers are 2 to 3 times more risky for having heart disease. Passive smoking is also known to increase the risks of having lung cancer, heart disease and stroke. Quit smoking now is sure to protect your heart.

### 2. 衛生署綜合戒煙熱線

#### Department of Health Integrated Smoking Cessation Hotline

# 1833 183

#### 2.1 衛生署戒煙熱線

查詢熱線：1833 183 (按 1 字)

#### Smoking Cessation Hotline of the Department of Health

Enquiry Hotline : 1833 183 ( Press 1)

- 專業電話輔導 Professional Counselling
- 尼古丁依賴程度測試 Nicotine Dependency Assessment
- 戒煙資訊傳真 Information on Smoking Cessation by Fax
- 轉介有需要人士到下列機構接受戒煙服務 Referral to below service providers for quit smoking services

#### 2.2 東華三院戒煙綜合服務中心

服務中心遍及港九新界地區

查詢熱線：1833 183 (按 2 字) 或 2332 8977

#### Tung Wah Group of Hospitals Integrated Centres on Smoking Cessation

Centres locate all over HK Island, Kowloon and New Territories

Enquiry Hotline : 1833 183 ( Press 2) or 2332 8977

#### 2.3 醫院管理局戒煙輔導服務中心

服務中心遍及港九新界地區

查詢熱線：1833 183 (按 3 字) 或 2300 7272

#### Hospital Authority Smoking Counselling and Cessation Centres

Centres locate all over HK Island, Kowloon and New Territories

Enquiry Hotline : 1833 183 ( Press 3) or 2300 7272

#### 2.4 博愛醫院針灸戒煙服務

服務中心遍及港九新界地區

查詢熱線：1833 183 (按 4 字) 或 2607 1222

#### Pok Oi Hospital Smoking Cessation Service using Acupuncture

Mobile clinics locate all over HK Island, Kowloon and New Territories

Enquiry Hotline : 1833 183 ( Press 4) or 2607 1222

#### 2.5 香港大學青少年戒煙熱線

為25歲或以下青少年提供度身訂造的電話戒煙輔導。

服務時間：星期一至五下午5時至9時；

星期六及星期日下午2時至8時。

查詢熱線：1833 183 (按 5 字) 或 2855 9557 / 5111 4333

#### The Youth Quitline of the University of Hong Kong

It provides smoking cessation counselling for young people aged 25 and below.

Operation hours: Monday to Friday 5pm – 9pm;

Saturday and Sunday: 2pm – 8pm.

Enquiry Hotline : 1833 183 ( Press 5) or 2855 9557 / 5111 4333

#### 2.6 基督教聯合那打素社康服務

為少數族裔及新來港人士提供戒煙服務。

查詢電話：3156 9012

#### United Christian Nethersole Community Health Service

It provides smoking cessation services targeting ethnic minorities and new immigrants.

Enquiry Hotline : 3156 9012

### 3. 戒煙流動應用程式

#### Quit Smoking App

另外，控煙酒辦公室推出「戒煙達人」免費戒煙流動應用程式幫助吸煙者戒煙。 Moreover, Tobacco and Alcohol Control Office has launched a free “Quit Smoking App” to assist smokers to overcome tobacco dependence.

戒煙達人



Quit Smoking App



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