



Do you wish to quit smoking? The Department of Health can help you!

Smoking causes various types of diseases and is hazardous to the health of smokers and their families. Regardless of the years of smoking and the age of smokers, the decision to quit smoking is definitely advantageous.

Smoking is nothing else but harmful! Quit smoking can bring you immediate benefits in many ways. Once you quit smoking, you can:

- reduce the risk of suffering from fatal diseases caused by smoking
- protect family from the harm of secondhand smoke
- be freed from looking for smoking zone
- save money from buying cigarettes
- be freed from the fetid smell from smoking and build a new healthy image

After quitting, the sense of taste and smell of quitters will resume very quickly. The pulmonary function and circulatory system will also improve gradually. In the long run, the risk of suffering from heart disease, stroke and various types of cancer will be reduced accordingly.

Duration	Improvement areas
20 minutes later	Blood pressure and heart rate drops to the level before you had your last cigarette
8 hours later	Carbon monoxide level in blood drops to normal level
48 hours later	Sense of taste and smell resume to normal
2 to 12 weeks later	Circulation and lung function improve
1 to 9 months later	Coughing and shortness of breath decrease
1 year later	Chance of having a heart attack is cut in half
5 years later	Chance of dying from lung cancer is about half that of a continuing smoker
10 years later	Risk of dying from lung cancer is similar to that of a non-smoker
15 years later	Risk of coronary heart disease is that of a non-smoker

Nicotine is addictive and withdrawal of it can lead to discomfort. Hence, the process of quitting smoking may not come easy. We adopt the latest and most effective methods with evidence-based experience to help you relieve tobacco addiction and alleviate your discomfort. To echo with Hong Kong's tobacco-free drive and to meet the increasing demand for smoking cessation service arisen from an increase in tobacco tax, the Department of Health has stepped up smoking cessation service from 2010 onwards to enhance the quality of service and protect public health.

Department of Health Integrated Smoking Cessation Hotline 1833 183

From now on, citizens who call the Department of Health Integrated Smoking Cessation Hotline 1833 183, can select Pok Oi smoking cessation service by using traditional Chinese medicine in addition to the smoking cessation services provided by the Department of Health, the Tung Wah Group of Hospitals (TWGHs) or the Hospital Authority. The Department of Health Integrated Smoking Cessation Hotline, providing service in 3 languages, namely Cantonese, Putonghua and English, is manned by trained registered nurses and counsellors during office hours, aided by a computerised Interactive Voice Response System for the rest of the day. Apart from obtaining information on smoking cessation via the hotline, callers can also obtain information on methods and advice on smoking cessation, drugs for smoking cessation, information on smoking cessation service, counselling on smoking cessation and nicotine dependency assessment, etc. Callers may even obtain necessary information during the call via fax for reference purpose.

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

1833 183

- 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

衛生署控煙辦公室
Tobacco Control Office
Department of Health
<http://www.tco.gov.hk>

步驟 1 選擇機構
Step 1 Select Organization

- 衛生署
Department of Health
- 東華三院
Tung Wah Group of Hospitals
- 醫院管理局
Hospital Authority
- 博愛醫院
Pok Oi Hospital

步驟 2 選擇語言
Step 2 Select Language

- 廣東話
Cantonese
- 普通話
Putonghua
- 英文
English

步驟 3 選擇內容
Step 3 Select Content

- 最新資訊
What's New
- 留言服務
Leave Voice Message
- 尼古丁依賴程度測試
Nicotine Dependency Assessment
- 戒煙藥物
Drugs for Smoking Cessation
 - 透過傳真索取藥物資料
Obtain Information on Drugs by Fax
 - 戒煙香口膠
Nicotine Gum
 - 戒煙貼
Nicotine Patch
 - 戒煙吸入器
Nicotine Inhaler
 - 戒煙糖
Nicotine Lozenge
 - 丁胺苯丙酮
Bupropion
 - 瓦倫尼克林
Varenicline
- 戒煙資訊及貼士
Information & Tips on Smoking Cessation
 - 戒煙小貼士
Tips on Smoking Cessation
 - 退癮徵狀
Withdrawal Symptoms
 - 吸煙與你
Smoking & You
 - 二手煙與你
Secondhand Smoke & You
- 戒煙服務
Smoking Cessation Services
 - 戒煙診所
Smoking Cessation Clinics
 - 衛生署
Department of Health
 - 東華三院
TWGHs
 - 醫院管理局
Hospital Authority
 - 博愛醫院
Pok Oi Hospital
 - 其他機構
Other Organizations
 - 預約衛生署戒煙服務
Make Appointment for Department of Health Smoking Cessation Service
 - 查詢控煙法例
Inquire about Tobacco Control Legislation
 - 與輔導員聯絡
Contact Counsellors

收聽資料期間，可按
While listening to the information, you may press

- 透過傳真索取資料
obtain information by fax
- 返回上一個目錄
back to previous menu
- 返回主目錄
back to main directory

Interactive Online Cessation Centre

(website : http://www.tco.gov.hk/iocc/index_e.html)

The Tobacco Control Office of the Department of Health has set up the “Interactive Online Cessation Centre” in February 2009, to provide smokers with a reliable and convenient virtual smoking cessation online platform. The “Interactive Online Cessation Centre” mainly comprises four components, namely “Information on Smoking Cessation”, “Tips to Quit Smoking”, “Online Quit Plan” and “Game Zone”.

Want to quit smoking? Want to help your family members or friends to quit smoking? You can access the “Information on Smoking Cessation” for different types of practical information. “Information on Smoking Cessation” includes the following five components:

1. Why Quit Smoking?
2. Methods to Quit Smoking
3. What are Withdrawal Symptoms?
4. Drugs for Quitting Smoking
5. Quitter Experience

Wish to go through an easy and smooth quit attempt? You can refer to “Tips to Quit Smoking” which provides you with the ten smoking cessation tips, so as to prepare yourself for quitting smoking. These tips give suggestions on effective ways against tobacco addiction, together with making appropriate adjustments to daily routines, such as leading a healthy lifestyle, having a balanced diet and going for regular exercise, etc. Follow the steps and your chances of successfully quitting smoking will be significantly increased!

The “Online Quit Plan” provides a personalized and structured online smoking cessation service for registered quitters. After quitters go through an online assessment, the system will generate reminders through email from time to time in accordance with the quitters’ process of quitting in order to assist them in making appropriate preparation, detailed plan and boost their determination and confidence to quit smoking. Furthermore, quitters may also print out a quit calendar as a reminder.

In order to gain wider support from the youth towards a smoke-free culture, an online “Game Zone” has been developed in the Interactive Online Cessation Centre. Different types of games are available to enhance youth’s knowledge of the harmful effects of tobacco. Furthermore, the “Tobacco Cost Calculator” quickly calculates the costs of smoking, which helps to boost smokers’ motivation to quit smoking. The games are in simple and light-hearted designs and cater to youth users.

More than 40,000 people have visited the Interactive Online Cessation Centre and over 400 visitors have registered the “Online Quit Plan” since its establishment.

Quit smoking for a year can help you save more than ten thousand dollars!

Result

Since the day you started smoking, you have spent around **HK\$36135** on buying tobacco products.

On average, you spend **HK\$12045** on buying tobacco products each year.

According to the data, quitting smoking can help you save **HK\$12045** in the coming **1** year

Congratulations

That's Great. You have quit smoking. We can use the money saved to go to **Europe**.

That's great! You have quit smoking, we can save the money to go for a trip!!

Replay

Department of Health Smoking Cessation Clinics

The smoking cessation services provided by smoking cessation clinics under the Department of Health include: preliminary assessment, counselling on quitting smoking, medications assessment and follow-up. In the preliminary assessment, the past medical history, smoking habit, nicotine dependency, motivation and reasons of quitting smoking, need of pharmacotherapy, types and dosage of medications, etc. of quitters will be assessed by doctors and nurses.

After the preliminary assessment, quitters will be recruited into a counselling programme on quitting smoking with a duration of 8 to 12 weeks. During which the quitters are required to attend a total of 4 scheduled follow-up counselling sessions at the clinics. The counselling sessions are conducted either in individual or group format, where guidance and sharing of the physiological and psychological adaptations, lifestyles, behaviours and environment of the quitters will be provided.

Upon completion of the treatment, the smoke-free ambassadors of the clinics will keep regular contact with the quitters or conduct follow-ups on the progress of quitting smoking for up to 1 year, in order to provide necessary support and assistance to them.

To enhance the work of smoking prevention and cessation, the Department of Health has concluded a subsidy and service agreement with the Tung Wah Group of Hospitals (TWGHs) and launched a community-based pilot smoking cessation programme in 2009. The programme covers a comprehensive range of activities and services, including smoking cessation service, public education, providing training to medical professionals and research projects. A total of four smoking cessation centres have been set up in Hong Kong under this programme, which provide the community with free smoking cessation services. The programme also includes the collaboration with principals of primary and secondary schools and parents to launch a smoke-free education programme so as to educate the youth and young smokers on smoke-free culture. Furthermore, there will also be a smoking cessation programme which targets at young smokers.

Information on Smoking Cessation Clinics:

Education and Training Centre in Family Medicine, Department of Health

2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok

For enquiry or appointment, please call the Integrated Smoking Cessation Hotline of the Department of Health: 1833 183 (Press 1)

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Mong Kok Head Office: 26/F, Wealth Commercial Centre, 42 Kwong Wa St., Mong Kok

Wan Chai Suboffice: Tung Wah Group of Hospitals (TWGHs) Even Centre, 11/F,
Tung Sun Commercial Centre, 194-200 Lockhart Road, Wan Chai

Sha Tin Suboffice: 3/F, Lek Yuen Health Centre, 9 Lek Yuen St., Sha Tin

Tuen Mun Suboffice: 4/F, Butterfly Bay Community Centre, Butterfly Estate, Tuen Mun

For enquiry or appointment, please call the Integrated Smoking Cessation Hotline of the Department of Health: 1833 183 (Press 2)

Way Forward

2009 has been a fruitful year in the work of tobacco control. The implementation of several tobacco control legislations and the enhancement of various smoking cessation services have brought Hong Kong a significant step closer towards achieving the goal of becoming a smoke-free city.

Looking into the future, the Department of Health will continue its efforts to promote smoking cessation services, including setting up another smoking cessation centre through the Tung Wah Group of Hospitals (TWGHs); collaborating with Pok Oi Hospital in launching a community-based smoking cessation programme using traditional Chinese medicine so as to provide more comprehensive services to the public; and collaborating with community partners in providing smoking cessation services to special populations in Hong Kong, to provide more opportunities for them to quit smoking and to protect the health of these smokers and their family members.

To promote smoke-free culture and to educate the public on the harmful effects of smoking, information will be disseminated to people with different ages and backgrounds through various forms of media so as to provide tips to the quitters from time to time and ease their difficult path of quitting smoking.

If you or your relatives and friends wish to quit smoking, please call 1833 183 immediately to contact our health care professionals.