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

酒精與健康
Alcohol and Health

邁向2025 TOWARDS 2025
香港非傳染病防控策略及行動計劃
Strategy and Action Plan to Prevent and Control NCD in Hong Kong

世界衛生組織屬下的國際癌症研究機構確認，酒精是一種致癌物質，可引致口腔癌、咽癌、喉癌、食道癌、肝癌、大腸癌及女性乳癌。而且，超過200種健康狀況與飲酒有關，包括肝病、交通事故損傷及暴力、癌症、心血管疾病、自殺、結核病、感染愛滋病病毒／愛滋病等等。基於酒精的致癌風險，故沒有「安全」的飲用水平。 The International Agency for Research on Cancer (IARC) of the World Health Organization (WHO) confirms that alcohol is a cancer-causing agent, causing cancers of oral cavity, pharynx, larynx, oesophagus, liver, colorectum and female breast. Furthermore, over 200 health conditions are linked to alcohol consumption, including liver diseases, road injuries and violence, cancers, cardiovascular diseases, suicides, tuberculosis and HIV /AIDs, etc. Concerning cancer risk, there is NO safe level for alcohol consumption.

適量飲酒對心臟是否有保護作用仍具爭議。有許多其他方法如健康飲食、多做運動和不吸煙都可直接保護心臟。 It is still controversial whether moderate drinking is protective for the heart. Many other options, e.g. healthy eating, active living and not smoking, can benefit your heart directly.

在某些情況下，切勿飲酒
In certain situations, you should NOT drink at all

- 已懷孕或計劃懷孕 - 酒精會影響胎兒的健康，引起主要和永久性的先天缺陷、生長障礙、發展問題和胎兒酒精中毒綜合症
  Pregnant or planning for pregnancy - alcohol affects your unborn child's health. It causes major and permanent birth defects, growth impairment, developmental problems and fetal alcohol syndrome.
- 未成年 - 兒童、少年和青年會較易遭受與飲酒有關的腦部發展損害和於日後患上酒精依賴
  Underage - Children, adolescents and youth are likely to suffer from damage on brain development and alcohol dependence in later life.
- 感到身體不適、情緒低落或疲倦
  Feeling unwell, depressed or tired.
- 有健康問題 - 如痛風、肝病、心臟病、高血壓等
  Co-exising health problems - e.g. gout, liver disease, heart disease and hypertension.
- 服用藥物期間 - 酒精可能與多種藥物的代謝相互影響，從而增加其毒性、引發疾病，甚至死亡
  Taking medication - alcohol may interact with or affect the metabolism of many drugs, which results in increased toxicity, illness and even death.
- 曾經有酒精或毒品依賴
  Previous history of alcohol or drug dependence.
- 曾經或正患有嚴重的精神病
  Previous or current serious mental illness.
- 在進行需高度集中力、技巧和協調能力的活動前或期間 - 例如駕駛、操作機器和設備、處理化學物品、利器或危險物品、高空工作和進行運動等 – 酒精會削弱你的反應能力、感知能力、集中力、視覺和聽覺等等，繼而危及自己和他人生命
  Before or when engaging in activities that require attention, skill and coordination - such as driving, operating machinery and equipment, handling chemicals, sharps or dangerous goods, working at heights, and engaging in sports - alcohol impairs your reactions, perceptions, concentration, vision and hearing, etc. and therefore endangers yourself and others from these activities.

沒有飲酒習慣的人士不要開始飲酒，而飲酒人士應逐漸減少甚至停止飲酒以減低酒精對身體的傷害。你可使用電子飲酒篩查及簡要介入（e-SBI）工具以評估自己的飲酒行為風險。如有需要，可徵詢家庭醫生或相關專業人員的意見。 Non-drinkers are advised not to start drinking. Drinkers are urged to cut down or even stop drinking alcohol completely to reduce the harmful effect of alcohol on health. To assess your drinking risk, you can use the e-alcohol screening and brief intervention (e-SBI) tool. You may seek advice from your family doctor or relevant professionals if necessary.

停止或減少飲酒策略
Tactics for stopping or cutting down drinking

- 記錄飲酒的時間、地點、原因及份量。
  Keep track of when, where, why and how much you drink.
- 訂立實際的目標，達成某一目標後給自己一些獎勵。
  Set realistic goals and plan some rewards for efforts made to achieve small goals.
- 爭取家人、朋友和同事的支持。
  Enlist support from family, friends and colleagues.
- 學習拒絕飲酒的技巧。
  Develop your own refusal skills.
- 飲酒時要輕嚐淺酌。
  Pace yourself when you drink.
- 進行健康的活動來分散對酒精的注意力。
  Use healthy activities to distract yourself from drinking.
- 請緊記，改變習慣需要時間及決心。如有需要，可尋求專業人士的協助。
  Remember, changes in behaviour take time as well as commitment. Seek professional help if needed.

尋求協助
Getting Help

東華三院「遠酒高飛」預防及治療酗酒服務
Tung Wah Group of Hospitals Stay Sober Stay Free Alcohol Abuse Prevention and Treatment Service
電話 / Telephone：2884 9876

東華三院「心瑜軒」預防及治療多重成癮綜合服務中心 Tung Wah Group of Hospitals, Integrated Centre on Addiction Prevention and Treatment
電話 / Telephone：2827 1000

戒酒無名會 Alcoholics Anonymous
電話 / Telephone & WhatsApp：
9029 8001（中文）/ 9073 6922（英文）

「減少酒精相關危害」被定為《邁向2025：香港非傳染病防控策略及行動計劃》中九項目標之一。如欲知更多有關詳情及「飲酒與健康」的資訊，請登入衞生署活出健康新方向網站。
"Reduce harmful use of alcohol" is one of the 9 targets set under the "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" (SAP). For details about the SAP and more information on "Alcohol and Health", please visit the Change for Health website of the Department of Health.

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