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，吸煙人士比非吸煙人士患上心臟病的機會高兩至三倍。吸入二手煙更會導致肺癌、心臟病、中風等致命疾病。愛護心臟應立即戒煙。Studies have shown that smokers are 2 to 3 times more likely to develop coronary heart disease compared to non-smokers. Exposure to secondhand smoke also causes lung cancer, heart disease and stroke. Quit now to protect your heart.

2. 衞生署綜合戒煙熱線
Department of Health Integrated Smoking Cessation Hotline 1833 183

2.1 衞生署戒煙熱線

查詢熱線： 1833 183

Smoking Cessation Hotline of the Department of Health

Enquiry 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
- 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 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 or 2332 8977

2.3 基督教家庭服務中心

服務中心遍及九龍及新界地區

查詢熱線：1833 183 或 3102 1484

Christian Family Service Centre

Centres locate over Kowloon and New Territories

Enquiry Hotline: 1833 183 or 3102 1484

2.4 博愛醫院

服務中心遍及九龍及新界地區

查詢熱線：1833 183 或 2628 1062

Pok Oi Hospital

Centres locate over Kowloon and New Territories

Enquiry Hotline: 1833 183 or 2628 1062

2.5 基督教聯合那打素社康服務

為不同種族人士、新來港人士及本港居民提供戒煙服務。

查詢電話：1833 183 或 3156 9012

United Christian Nethersole Community Health Service

It provides smoking cessation services targeting people of diverse race, new immigrants and Hong Kong residents.

Enquiry Hotline : 1833 183 or 3156 9012

2.6 博愛中醫針灸戒煙服務

服務中心遍及港九新界地區

查詢熱線： 1833 183 或 2607 1222

Pok Oi Chinese Medicine Smoking Cessation Service using Acupuncture

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

Enquiry Hotline : 1833 183 or 2607 1222

2.7 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。

查詢熱線： 1833 183

The Youth Quitline

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

Enquiry Hotline : 1833 183

2.8 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 或 2300 7272

Hospital Authority Smoking Counselling and Cessation Centres

Centres locate all over HK Island, Kowloon and New Territories

Enquiry Hotline : 1833 183 or 2300 7272

3. 戒煙流動應用程式
Quit Smoking Mobile App

吸煙者可免費下載「戒煙達人」流動應用程式以協助戒煙。

Smokers can download the free "Quit Smoking Mobile App" to assist them in quitting.

戒煙達人

Quit Smoking Mobile App

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