

Benefits of Quitting Vaping or Smoking

停止吸食電子煙或普通香煙的好處

The best thing you can do for your health is to quit smoking.

戒煙可以顯著改善你的健康。

The benefits of quitting start immediately, with noticeable improvements in the first 72 hours. 戒煙的好處會立即顯現，在戒煙後的 72 小時內健康就能得到明顯改善。

Health benefits begin from the time you have your last cigarette	
健康好處從你抽完最後一支煙開始顯現	
20 minutes	Heart rate drops.
20 分鐘	心率下降。
12 hours	Blood levels of carbon monoxide drop dramatically.
12 小時	血液中的一氧化碳濃度急劇下降。
72 hours	Sense of taste and smell improve.
72 小時	味覺和嗅覺得到改善。
2 weeks– 3 months	Lung function and circulation improves.
2 周 - 3 個月	肺功能和血液循環得到改善。
1–9 months	Coughing and shortness of breath decrease.
1–9 個月	出現咳嗽和呼吸困難的情況減少。
1 year	Risk of coronary heart disease is halved compared to continuing smokers.
1 年	與持續吸煙者相比，罹患冠心病的風險會降低一半。
4 years	Stroke risk is reduced to that of a non-smoker five to 15 years after quitting. Risk of cancers of the mouth, throat and oesophagus decreases.
5 年	戒煙 5 至 15 年後，中風風險將降至與不吸煙者相當的水平。口腔癌、咽喉癌和食道癌的風險也會降低。

10 years	Risk of lung cancer death is about half that of a continuing smoker and continues to decline. Risk of cancers of the bladder, kidney and pancreas decreases.
10 年	肺癌死亡風險約為持續吸煙者的一半，且呈持續下降趨勢。膀胱癌、腎癌和胰腺癌風險降低。
15 years	Risk of coronary heart disease and risk of death is the same as someone who has never smoked.
15 年	罹患冠心病的風險和死亡的風險與從未吸煙的人相同。

Making the decision to quit

作出戒煙的決定

It's never too late to quit vaping or smoking.
任何時候停止吸食電子煙或普通香煙都不算太晚。

The sooner you quit smoking, the better your life expectancy. Consider seeking support and using pharmacotherapy. 越早戒煙，壽命越長。你可以考慮尋求支持並使用藥物療法。

Benefits of quitting vaping and smoking

停止吸食電子煙和普通香煙的好處

There are so many reasons to quit.

戒煙的理由很多。

Your health, looks, fitness and finances will improve. So will your sense of smell and taste! You will feel better about yourself and improve the health of your family and friends.

你的健康、外貌、體能和財務狀況都會得到改善。你的嗅覺和味覺也會得到改善！你會自我感覺更好，家人和朋友的健康狀況也會得到改善。

Psychological and social benefits

心理和社交方面的好處

People often say that they feel a strong sense of pride when they quit vaping or smoking.

人們常說，當他們停止吸食電子煙或普通香煙時，他們會感到非常自豪。

Quitting is a chance to be who you want to be and allows you to feel more comfortable in social situations. Most places are now smoke/vape-free. If you smoke or vape, there are more barriers to socialising. Three to six months after quitting, ex-smokers report having less stress and anxiety. People who smoke or vape have more stress from dealing with the anxiety that nicotine cravings cause.

戒煙是成為自己想成為的人的機會，也會讓你在社交場合感到更自在。現在大多數地方都禁止吸食普通香煙/電子煙。如果你吸食普通香煙或電子煙，社交障礙就會增加。戒煙三到六個月後，前吸煙者表示壓力

和焦慮有所減輕。

吸食普通香煙或電子煙的人會因為對尼古丁的渴求而產生焦慮，從而承受更大的壓力。

Appearance and ageing

外貌及衰老

Smoking ages and wrinkles your skin. When you quit, your skin looks younger and healthier.

吸煙會使皮膚衰老並產生皺紋。戒煙後，你的皮膚會看起來更年輕、更健康。

Quitting smoking means no stains on your fingers and teeth, and you will stop smelling like cigarette smoke. You won't only look better, but you will feel better too because your body is healthier and your fitness level is improved. You'll also feel great because you have achieved something tough to do.

戒煙意味著你的手指和牙齒上不會留下任何污漬，你身上也不會再有煙味。不僅你的外在形象會改善，你的自我感覺也會變好，因為你的身體更健康，你的健康水平也提高了。你還會感覺很棒，因為你已經完成了一件很困難的事情。

Your finances

你的財務

Quit vaping or smoking, and you will have extra money.

停止吸食電子煙或普通香煙可以讓你省下更多錢。

Every dollar you spend on smoking or vaping is money you could spend on something that adds value to your life!

你在普通香煙或電子煙上花費的每一塊錢都可以用來購買一些可以為你的生活增添價值的東西！

Quitline®
13 7848

