

Benefits of Quitting Vaping or Smoking

停止吸食电子烟或普通香烟的好处

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

戒烟可以显著改善你的健康。

The benefits of quitting start immediately, with noticeable improvements in the first 72 hours. 戒烟的好处会立即显现，在戒烟后的 72 小时内健康就能得到明显的改善。

Health benefits begin from the time you have your last cigarette	
健康好处从你抽完最后一支烟开始显现	
20 minutes	Heart rate drops.
20 分钟	心率下降。
12 hours	Blood levels of carbon monoxide drop dramatically.
12 小时	血液中的一氧化碳浓度急剧下降。
72 hours	Sense of taste and smell improve.
72 小时	味觉和嗅觉得到改善。
2 weeks– 3 months	Lung function and circulation improves.
2周 - 3 个月	肺功能和血液循环得到改善。
1–9 months	Coughing and shortness of breath decrease.
1–9 个月	出现咳嗽和呼吸困难的情况减少。
1 year	Risk of coronary heart disease is halved compared to continuing smokers.
1 年	与持续吸烟者相比，罹患冠心病的风险会降低一半。
5 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	戒烟 5 至 15 年后，中风风险将降至与不吸烟者相当的水平。口腔癌、咽喉癌和食道癌的风险也会降低。

10 years
10 年

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.

肺癌死亡风险约为持续吸烟者的一半，且呈持续下降趋势。膀胱癌、肾癌和胰腺癌风险降低。

15 years
15 年

Risk of coronary heart disease and risk of death is the same as someone who has never smoked. 罹患冠心病的风险和死亡的风险与从未吸烟的人相同。

Making the decision to quit

作出戒烟的决定

It's never too late to quit vaping or smoking.
任何时候停止吸食电子烟或普通香烟都不算太晚。

The sooner you quit smoking, the better your life expectancy. Consider seeking support and using pharmacotherapy.

越早戒烟，寿命越长。你可以考虑寻求支持并使用药物疗法。

Benefits of quitting vaping and smoking

停止吸食电子烟和普通香烟的好处

There are so many reasons to quit.

戒烟的理由很多。

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、体能和财务状况都会得到改善。你的嗅觉和味觉也会得到改善！你会自我感觉更好，家人和朋友的健康状况也会得到改善。

Psychological and social benefits

心理和社交方面的好处

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

人们常说，当他们停止吸食电子烟或普通香烟时，他们会感到非常自豪。

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.

戒烟是成为自己想成为的人的机会，也会让你在社交场合感到更自在。现在大多数地方都禁止吸食普通香烟/电子烟。如果你吸食普通香烟或电子烟，社交障碍就会增加。戒烟三到六个月后，前吸烟者表示压力

和焦虑有所减轻。

吸食普通香烟或电子烟的人会因为对尼古丁的渴求而产生焦虑，从而承受更大的压力。

Appearance and ageing

外貌及衰老

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

吸烟会使皮肤衰老并产生皱纹。戒烟后，你的皮肤会看起来更年轻、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.

戒烟意味着你的手指和牙齿上不会留下任何污渍，你身上也不会再有烟味。不仅你的外在形象会改善，你的自我感觉也会变好，因为你的身体更健康，你的健康水平也提高了。你还会感觉很棒，因为你已经完成了一件很困难的事情。

Your finances

你的财务

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

停止吸食电子烟或普通香烟可以让你省下更多钱。

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

你在普通香烟或电子烟上花费的每一块钱都可以用来购买一些可以为你的生活增添价值的东西！

