

Quitline

1833 183



Counselling, information and referral to **FREE** cessation services*

Pharmacotherapy combined with counselling

Tung Wah Group
of Hospitals

Fixed and mobile clinics
Postal delivery of
smoking cessation medication



United Christian
Nethersole
Community
Health Service

Fixed clinics
Cessation services for ethnic
minorities and new immigrants



Chinese Medicine Acupuncture combined with counselling

Pok Oi Hospital

Fixed and mobile clinics



Phone counselling 1833 183

DH Quitline

Counselling, information,
and referral to cessation services

Youth quitline
(Press **5** after
selecting language)

Counselling services for smokers
aged 25 or below

*All of these services are free of charge. The Hospital Authority also provide paid cessation services

Smoking cessation is beneficial at any age

- Blood pressure, heart rate and the carbon monoxide level in blood returns to normal

In
1 day

- Senses of smell and taste are heightened

After
2 days

- Lung function improves

In
2-12
weeks

- Coughing and shortness of breath decreases

After
1-9
months

- Risk of lung cancer is reduced by 50%
- Risk of major cancers is reduced (including cancers of the oral cavity, nasopharynx, larynx, pancreas, etc.)
- Risk of having coronary heart disease is reduced by 50%
- Risk of stroke is reduced to that of a non-smoker

After
5-10
years

Quit smoking

In persons with COPD, quitting is the only way to reduce decline in lung function

In persons with diabetes or coronary heart disease, quitting can reduce risk of death by 20% to 40%



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Quit App



Set a Quit Day

A week before your quit day

- ✦ **Write down your reason(s) for quitting**
- ✦ **Decide on your quit method**
 - Most smokers quit by themselves
 - Medication can double your success rate
 - A combination of counselling and medication is the most effective way to quit

A day before your quit day

- ✦ **Throw away all cigarettes, ashtrays and lighters**
- ✦ **Plan some activities to fight cravings**
 - Drinking water, deep breathing, washing your face, chewing sugar-free gum, physical exercises, and eating fruits and vegetables can distract you from smoking

On your quit day

- ✦ **Tell friends and family you are now a non-smoker and get their support**
- ✦ **Avoid temptation**
 - Refrain from being in situations that may tempt you to smoke
 - Say NO if someone passes you a cigarette

Withdrawal symptoms include:

- Headaches, coughing, cravings, increased appetite, mood changes, difficulty concentrating, insomnia, etc
- These symptoms usually peak in the first week of quitting and gradually subside in 2-3 weeks

Withdrawal Symptoms

Medications for quitting

In Hong Kong, there are two types of medication registered for smoking cessation. They can alleviate withdrawal symptoms and double your success rate of quitting

Over-the-counter medications

Nicotine replacement therapy (“NRT”)

NRT includes nicotine patch, lozenge, gum, etc. NRT can be used alone or in combination. If you have queries, you can always call 1833 183 or consult your doctor

Nicotine patch

- Apply to clean and dry skin on the chest, back, upper arms, hips, etc., and press for 10 seconds
- Change the patch daily and regularly
- Can keep it on during swimming or taking a shower
- The patch can be fixed by plaster if detached
- Rotate the patch site each time a new patch is applied to avoid skin irritation

(self-limiting sign present for 1-2 days: rash)

Nicotine gum

- Slowly chew for 10 to 15 times
- “Park” the gum between the cheek and gum
- When the taste gradually becomes lighter, chew slowly again-repeat the process until the gum becomes tasteless
- Avoid eating and acidic beverages, such as soft drink, coffee and fruit juice, 15 minutes before using gum
- Not suitable for individuals who have jaws-related illnesses, stomatitis, pharyngitis, stomachache and those with removable dentures

Medication by prescription

Varenicline is another type of cessation medication that is effective in quitting and relapse prevention

Want to know more?

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