

How to Quit Smoking

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Get support and encouragement and learn how to deal with stress. Talk with your doctor about medicines and other aids to help you quit. Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 or go to the Ohio website at www.standohio.org for more information.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life.

Getting Ready to Quit

Follow these tips to get ready to quit:

- Cut down the number of cigarettes you smoke each day.
 - Smoke only half a cigarette each time.
 - Smoke only during the even hours of the day.
- Clean out ashtrays and start putting them away one by one. Clean the drapes, the car, your office, or anything else that smells of tobacco smoke.
- Get a friend or spouse to quit with you.
- Start exercising before you quit.
- Switch to a brand of cigarettes you do not like as much.
- Throw away spare lighters.
- Smoke alone if you like to smoke with people.
- Become aware of why you smoke each cigarette. Avoid the things that cause you to smoke.
- Write down a list of the top 5 reasons you want to quit. Read this list daily.

Pick a date to quit and slowly reduce your smoking until your quit date. On your quit date, stop completely. If you smoke a lot at work, quit during a vacation.

如何戒菸

吸菸對你的健康有危險。戒菸將減少你死於心臟病、血管疾病、肺病、癌症和中風的風險。

和你的醫生談一談戒菸的事。詢問你的地區有無課程和支持團體。得到支持和鼓勵並學習如何應付壓力。和你的醫生談一談有無藥物及其他幫助手段助你戒菸。詳情請致電 1-800-784-8669 國家戒菸網絡戒菸熱線或訪問 www.standohio.org 俄亥俄州網址。

在你嘗試停止吸菸之前，要負責停抽。吸菸是一個學來的行爲，你必須忘掉它。戒菸不容易，但是如果你對戒菸很認真還是可能做到的。戒菸將有助於你生活更健康、壽命更長。

準備好戒菸

遵守以下提示為戒菸作好準備：

- 減少你每天吸菸的數量。
 - 每次只吸半枝香菸。
 - 只在一天裡的整數鐘點時吸菸。
- 清理出菸灰缸，開始一隻一隻地將它們拿開。清潔窗簾、汽車、你的辦公室或任何發出菸味的其他東西。
- 爭取和一位朋友或配偶和你一起戒菸。
- 在你戒菸之前開始做運動。
- 轉吸一個你不喜歡的香菸品牌。
- 丟掉多餘的打火機。
- 如果你喜歡和別人一起吸菸，改為單獨吸菸。
- 對於你為什麼吸每一枝香菸要變得很有意識。避免會引起你吸菸的事情。
- 寫下一份列單，列述你想戒菸的前 5 個理由。每天讀一下這份列單。

選一個戒菸日，慢慢地減少吸菸，直到你的戒菸日。在你的戒菸日完全停止吸菸。如果你在吸菸很多菸，請在一次假期中戒菸。

The Day You Quit

- Throw away your cigarettes, lighters and hide remaining ashtrays.
- Ask for help from family and friends.
- Make plans for the day and keep busy. Spend time in places where smoking is not allowed such as a library or the movies. Change your routine.
- Drink 8 glasses of water each day. This helps flush out the nicotine in your body.
- Keep celery, sugarless gum, hard candy, straws or toothpicks handy to help meet the urge of something in your mouth.
- Try deep breathing exercises and listen to relaxation tapes.
- Exercise.
- Eat regular meals.
- Start a money jar with the money you save by not buying cigarettes.
- Reward yourself at the end of the day for not smoking.

Over the next days and weeks you may be coping with withdrawal symptoms and cravings. Exercise and relaxation can help with withdrawal symptoms of anger, edginess or irritability. There will be times when you really want to smoke. Wait. The urge will pass in a few minutes. Take slow, deep breaths until you relax and forget about the urge to smoke. Drink water slowly and hold it in your mouth for a little while. Take your mind off smoking by thinking about something else or focus on the things you are doing. Get up and move around.

Mark your success every day on a calendar. Reward yourself each day and week.

Setbacks

It is hard to quit smoking. Most people try several times before they succeed. If you do smoke, do not give up on yourself. Remind yourself of how many hours, days or weeks you have already gotten through. Identify what caused you to smoke. Add it to your list of things to avoid or practice how you will deal with it next time. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage. Take one day at a time.

Talk to your doctor or nurse if you have any questions or concerns.

你的戒菸日

- 丟掉你的香菸、打火機並藏起剩餘的菸灰缸。
- 要求家庭和朋友的幫助。
- 為一天作計劃並保持忙碌。將時間花在不允許吸菸的地方，如圖書館或電影院。改變你的常規。
- 每天喝 8 杯水。這有助於沖洗掉你身體裡的尼古丁。
- 備好芹菜、無糖口香糖、硬糖果、吸管或牙籤，以便有在口腔衝動時有所應付。
- 嘗試深呼吸練習並聽使人放鬆的錄音帶。
- 做運動。
- 正常吃飯。
- 用一個錢罐存放你由於不買香菸而節省下來的錢。
- 在一天結束時為沒有吸菸而獎勵自己。

接下來的數天和數星期你可能要應付停止吸菸的症狀和渴望。運動和放鬆能有助於緩解停止吸菸的症狀，如憤怒、焦躁或易怒。有的時候你真地很想吸菸。請等待。這種衝動幾分鐘之後就會過去。作一個緩慢的深呼吸，直到你放鬆並忘掉想吸菸的衝動。慢慢地喝水並將水在口中含一小會兒。通過想其他事情或將注意力集中於你正在做的事上而將注意力從吸菸方面移開。起床並走動。

每天在日曆上對你的成功作標記。每一天和每一周都獎賞你自己。

挫折

戒菸很難。大多數人試了好幾次之後才成功。如果你確在吸菸，請不要對自己放棄。提醒你自己你已經過了多少個小時、多少天或多少周。甄別是什麼引起了你吸菸。將它添加到你要避免或要練習你下次將如何處理它的事項列單中。提醒你自己你為什麼戒菸。當你感到有吸菸衝動時就練習該做什麼。為你的意志和勇氣而獎賞你自己。一天一天地進行。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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