

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.

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.

如何戒菸

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

和您的醫生談一談戒菸的事。詢問您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。和您的醫生談一談有無藥物及其他幫助手段助您戒菸。

在您嘗試停止吸菸之前，要先對戒菸有承諾。吸菸是一個學來的行為，您必須學會不吸菸。戒菸不容易，但是如果您真向戒菸，還是可以做到的。戒菸將有助於您生活的更健康、壽命更長。

準備好戒菸

遵守以下提示為戒菸作好準備：

- 減少每天吸菸的數量。
 - ▶ 每次只吸半枝菸。
 - ▶ 只在一天裡的整數鐘點時吸菸。
- 清理出菸灰缸，開始一隻一隻地拿開。清潔窗簾、汽車、您的辦公室或任何發出菸味的其他東西。
- 設法和一位朋友或配偶一起戒菸。
- 在您戒菸之前開始做運動。
- 轉吸您不喜歡的香菸品牌。
- 丟掉多餘的打火機。

- 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.

The Day You Quit

- Throw away your cigarettes, lighters and 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 water, but not more than 2 Liters. This will help to remove chemicals from 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.
- Get 30 minutes of 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.

- 如果您喜歡和別人一起吸菸，改為單獨吸菸。
- 對於吸每一枝菸的理由要有清楚的意識。迴避會引起您吸菸的事情。
- 寫下一份列單，其中列述您想戒菸的5大理由。每天讀一下這份列單。

選一個戒菸日，慢慢地減少吸菸，直到您的戒菸日為止。在您的戒菸日完全停止吸菸。如果您在工作中吸很多菸，請在一次假期中戒菸。

您的戒菸日

- 丟掉您的香菸、打火機和菸灰缸。
- 要求家人和朋友幫忙。
- 計劃好一天的時間並保持忙碌。將時間花在不允許吸菸的地方，如圖書館或電影院。改變您的日常規律。
- 喝水，但不要超過每天2公升。這有助於沖掉身體裡的尼古丁。
- 備好芹菜、無糖口香糖、硬糖果、吸管或牙籤，以便在口中想要有東西時有所應付。
- 嘗試深呼吸練習並聽使人放鬆的錄音帶。
- 做30分鐘的運動。
- 吃飯時間要規律。
- 用一個錢罐存放您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。

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 have control of the craving. Take your mind off smoking by thinking about something else or focus on the things you are doing. 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 triggers your desire to smoke. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage.

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

接下來的數天和數星期裡，您可能要應付停止吸菸的症狀和欲望。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。有的時候您真地很想吸菸。請等待一下。這種衝動幾分鐘之後就會過去。作緩慢的深呼吸，直到您放鬆並忘掉想吸菸的衝動。透過想其他事情或將注意力集中於您正在做的事上而將注意力從吸菸方面移開。每天在日曆上記錄您的成功。每天和每週都要獎賞自己。

挫折

戒菸很難。大多數人試了好幾次之後才成功。如果您確在吸菸，請不要自棄。提醒您自己您已經過了多少個小時、多少天或多少週而沒吸菸。找出引起您吸菸欲望的原因。提醒您自己您為什麼要戒菸。當您感到有吸菸衝動時就練習該做的事情。獎賞自己的意志和勇氣。

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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