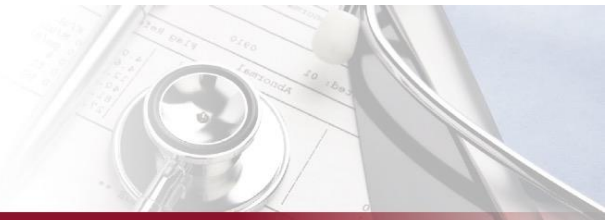




QUIT SMOKING

戒煙



CONTACT NEMS: SAN FRANCISCO (415) 391-9686 DALY CITY (650) 550-3923 SAN JOSE (408) 573-9686 WWW.NEMS.ORG



INCREASE YOUR SUCCESS IN QUITTING SMOKING, COME TO NEMS!

NEMS Health Education Department Smoking Cessation Program

- ❖ Programs in various languages
- ❖ Techniques that work
- ❖ Quit smoking for good
- ❖ Free medications based on your insurance

| | Location | Date |
|---|-------------------------------|--------------------------|
| Smoking Cessation Individual Counseling | Chinatown Clinic | Every Monday to Saturday |
| | San Bruno Clinic | Every Monday |
| | Eastmoor Clinic in Daly City | Every Tuesday |
| | 1870 Lundy Clinic in San Jose | Every Monday to Friday |

- ❖ We also provide quit smoking support group by appointment.
- ❖ All other sites are by appointment only.
- ❖ Support group and counseling are in English, Cantonese, and Mandarin.

To register, visit the Medical Clinic Front Desks or contact Health Education at (415) 391-9686 ext. 5843

| California Smokers' Helpline | | | |
|--|----------------|-------------|----------------|
| Counselors are available weekdays, 7am-9pm, and Saturday, 9am-5pm. | | | |
| English: | 1-800-662-8887 | Korean: | 1-800-556-5564 |
| Mandarin/Cantonese: | 1-800-838-8917 | Vietnamese: | 1-800-778-8440 |
| Spanish: | 1-800-456-6386 | | |

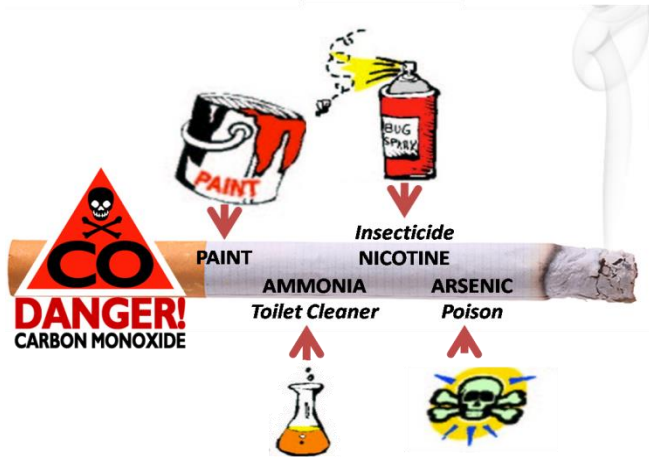
| Online Resources: | |
|--|--|
| www.nobutts.org | www.tobaccofreeca.org |
| www.sanfranciscotobaccofreeproject.org | www.cdc.gov/tobacco/campaigns/tips |

Sources:

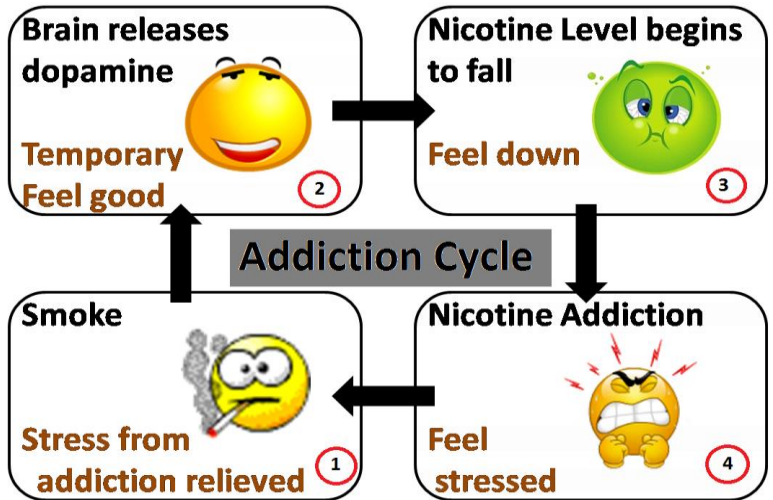
- California Smokers' Helpline
- Sanfranciscotobaccofreeproject.org
- Centers for Disease Control and Prevention

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.


Cigarette smoke contains at least 250 chemicals known to be toxic or cause cancer.



Why is it so hard to quit smoking? Nicotine is addictive.



Test Your Knowledge: True or False?

|  PATIENT |  DOCTOR |
|--|---|
| <p><i>"It's too late for me to quit smoking. The damage is done."</i></p> | <p>False. Quitting smoking at any age is beneficial and reduces the negative health risk immediately. It is never too late to quit smoking. When you quit smoking, your body starts to heal within 20 minutes of your last cigarettes.</p> |
| <p><i>"I don't smoke often." OR "I smoke, but I don't inhale." "So it doesn't affect my body."</i></p> | <p>False. Any form, frequency, period of smoking is dangerous for your body and family. Even smoking 1 cigarette per day increases your chance of a heart attack!</p> |
| <p><i>"Quitting is bad for my health because my body is used to it."</i></p> | <p>False. In the long term: there is no harm in quitting smoking, only benefits. When you start to quit smoking, you may feel discomfort (headaches, anxiety, and cravings) because these are withdrawal symptoms.</p> |

After you quit, your body will immediately start to heal.

| | | |
|--|---|--|
|  <p>20min.- Your blood pressure and pulse rate returns to normal.</p> |  <p>2-3 weeks- Your blood circulation improves. Walking becomes easier.</p> |  <p>10 years- Lung cancer death rate is similar to that of a non-smoker.</p> |
|--|---|--|

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想提高您戒煙的成功率？ 快來東北醫療中心！

東北醫療中心健康諮詢部戒煙計劃

- ❖ 提供多種語言
- ❖ 有效的技巧
- ❖ 永遠戒掉煙癮
- ❖ 根據您的醫療保險獲取免費藥物

| | 地點 | 日期 |
|--------|--------------------------|----------|
| 戒煙個人輔導 | 華埠診所 | 逢星期一至星期六 |
| | 波特羅區診所 | 逢星期一 |
| | 帝利市診所 | 逢星期二 |
| | 聖荷西 1870 Lundy Clinic 診所 | 逢星期一至星期五 |

- ❖ 我們同時提供事先預約的戒煙小組輔導。
- ❖ 其他診所請事先預約。
- ❖ 所有輔導以英、粵、及國語進行。

如欲報名，請到各層樓櫃台或致電健康諮詢部，(415) 391-9686 轉內線 5843

加州吸煙者熱線

輔導員逢週一至週五上午 7 時至晚上 9 時、和週六上午 9 時至下午 5 時提供諮詢。

| | | | |
|---------|----------------|------|----------------|
| 英語： | 1-800-662-8887 | 韓語： | 1-800-556-5564 |
| 普通話/粵語： | 1-800-838-8917 | 越南語： | 1-800-778-8440 |
| 西班牙語： | 1-800-456-6386 | | |

網上資源

| | |
|--|--|
| www.nobutts.org | www.tobaccofreeca.org |
| www.sanfranciscotobaccofreeproject.org | www.cdc.gov/tobacco/campaigns/tips |

資料來源：

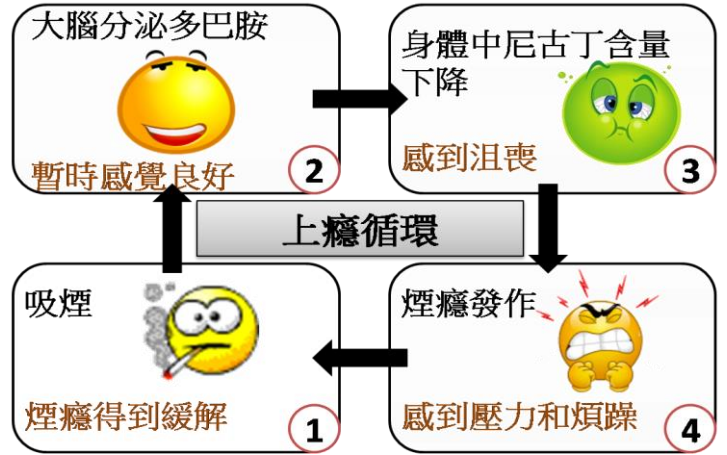
- California Smokers' Helpline
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- Centers for Disease Control and Prevention

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。
若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

香煙煙霧中含有至少 250 種有毒或致癌的化學物質。






為甚麼戒煙會困難？ 尼古丁會令您上癮



測試你的知識：對或錯？

|  <p>病人</p> |  <p>醫生</p> |
|--|---|
| <p>“對我來說，現在戒煙已經太晚了，因為傷害早已造成。”</p> | <p>錯的。在任何年齡戒煙都是有益的，並立即減少對健康的負面風險。戒煙永遠不會太晚。當你戒煙時，你的身體會在你吸最後一支煙的 20 分鐘後開始恢復。</p> |
| <p>“我不經常吸煙。”或“我抽煙，但我不吸入。” “所以並不影響我的身體。”</p> | <p>錯的。任何形式、次數、時間長短的吸煙都會危害你及家人的身體。即使每天只吸一支煙，都會增加你心臟病發的機會！</p> |
| <p>“因為我的身體已經適應了吸煙，所以戒煙會損害我的健康。”</p> | <p>錯的。從長遠來看：戒煙是百利而無一害。在戒煙的初期，你的身體可能感到不適（頭痛、焦慮和渴望吸煙），因為這些都是戒斷症狀。</p> |

戒煙後，你的身體會馬上開始恢復。

| | | |
|--|--|--|
|  <p>20 分鐘後 血壓和脈搏恢復正常。</p> |  <p>2-3 星期後 血液循環改善，步履變輕。</p> |  <p>10 年後 肺癌的死亡率與非吸煙者相同。</p> |
|--|--|--|

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