

What are the harmful effects of cigarette smoking?

Cigarette smoke contains over 4,000 chemicals, including 60 compounds that are known to cause cancer and 400 other toxins. These include nicotine, tar and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide and arsenic. When you smoke, these chemicals enter your system and have harmful effects on your body, including your skin.

Smoking produces free radicals which slows down wound healing and increases the risk of infections. It also slows down your blood circulation and speeds up the breakdown of collagen and elastin in the body. These lead to premature aging of the skin.

Smoking also plays a role in causing autoimmune diseases and skin cancer. It increases the risk of heart diseases, stroke, lung cancer, lung diseases, mouth and throat cancer and many others.

Visible effects on the smoker's skin:

- Wrinkles
- Sagging skin
- Dull appearance
- Pigmented grey appearance of skin
- Slight orange, purple and red complexion
- Yellow discolouration of the nails, hair and beard
- Premature greying and loss of hair
- Formation of large comedones around the eyes

Skin diseases associated with smoking:

- Systemic Lupus Erythematosus
- Psoriasis
- Skin cancer
- Hidradenitis suppurativa
- Palmoplantar pustulosis
- Genital warts
- Human Papillomavirus infections

What are the benefits of quitting smoking?

Your health and skin can benefit in so many ways when you quit smoking.

- Reduced discolouration of hair and nails
- Reduction in flares of immune-related skin disorders
- Increased oestrogen levels, a hormone that helps skin to remain firm
- Skin becomes more radiant and less grey in appearance
- Skin starts to repair itself and slows down premature aging of the skin
- Reduced damage to elastin and collagen in the skin
- Reduction of wrinkles
- Sharp reduction in risk of developing skin cancer, heart and lung diseases and other cancers.

Spending money on cigarettes or other tobacco products can be quite costly. You can save up to a few thousand dollars a year when you quit smoking.

Quitting not only benefits yourself; it also benefits the environment and those around you. By quitting smoking, family and friends will be protected from the harmful effects of passive smoking.

About our Smoking Cessation Counselling Service

This is a personalised one-to-one counselling in a quiet and private room by a pharmacist certified in smoking cessation counselling. The first counselling session is estimated to be 30 minutes. Subsequent follow-up sessions may take 15 minutes.

Goals

- Assess smoker's level of nicotine addiction and smoking habits
- Counselling on quit tips and a personalised quit plan
- Recommend suitable Nicotine Replacement Therapy if needed.
- Help cope with withdrawal symptoms
- Support and guidance with relapses

You can consider switching to telephone follow-up once very 3 months if the quit smoking patterns have stabilized.

Methods

- Non-pharmacological methods
- lifestyle
- behavioural changes
- cold turkey
- Pharmacological methods
- Nicotine Replacement Therapy
- nicotine lozenges, gums and patches
- prescription medicines

What are the charges for the counselling sessions?

Subsidized: \$6.00; Private: \$6.40 (with GST)

How do I make an appointment to attend the counselling session?

To find out more, ask your doctor for a referral to our Smoking Cessation Counselling Service or simply approach any of our pharmacy staff for assistance to talk to our pharmacists.

You may also contact 63508454 to make an appointment for a personalised counselling session by our pharmacists.

FOR BETTER HEALTH AND SKIN, CHOOSE SMOKE FREE LIVING! THOUSANDS HAVE QUIT SMOKING. SO CAN YOU!

When in doubt, consult your doctor or pharmacist
National Skin Centre 1 Mandalay Road, Singapore 308205 Tel: 63508454



吸烟有哪些危害？

香烟里含有4,000多种化学物质，其中有60种已知的致癌物质和400多种有毒物质，例如烟碱、焦油、一氧化碳、甲醛、氰化氢和砷。当您吸烟时，这些化学物质会渗入您的身体系统，它们会对您的身体以及皮肤造成危害。

吸烟时产生自由基会缓慢伤口的愈合并提高感染的风险。吸烟还会减缓血液循环和加快体内胶原蛋白和弹性蛋白的分解。这些都会导致皮肤提早衰老。

吸烟还会导致自身免疫性疾病和皮肤癌。它会增加患上心脏病、中风、肺癌、肺病、口腔癌和咽喉癌以及其他许多疾病的风险。

吸烟对皮肤的显著影响：

- 皱纹
- 皮肤松弛
- 暗无生气
- 皮肤呈灰色
- 淡黄、淡紫和淡红色
- 指甲、头发和胡须发黄
- 头发提早发白或脱落
- 眼部周围出现较大的粉刺

与吸烟有关的皮肤病

- 全身性红斑性狼疮
- 牛皮癣
- 皮肤癌
- 化脓性汗腺炎
- 掌跖脓疱病
- 尖锐湿疣
- 人类乳头瘤病毒感染

戒烟有哪些好处？

戒烟对您的健康和皮肤都有许多好处。

- 防止头发和指甲褪色
- 减少与免疫有关的皮肤病
- (女性)增加雌激素水平，雌激素可帮助皮肤保持紧致
- 皮肤变得更加亮白和光彩照人
- 皮肤开始自行修复，减缓皮肤衰老
- 降低对皮肤弹性蛋白和胶原蛋白的损害
- 减少皱纹
- 大大降低患皮肤癌、心肺疾病和其他癌症的风险

购买香烟或其他烟草产品的花费很高。如果您不再吸烟，每年可以省下几千元！

戒烟不仅对自己有益，对环境和周围的人亦有好处。戒烟后，您的家人和朋友将不再受二手烟的危害。

关于我们的戒烟咨询服务

这是一项个人化的一对一咨询服务，在一个安静和私密房间内，由一名合格药剂师提供戒烟咨询服务。首次咨询会约为30分钟，接下来的跟进咨询会需要15分钟。

目标

- 评估吸烟者的烟瘾程度和吸烟习惯
- 提供戒烟技巧和个人化的戒烟计划与建议
- 根据需要推荐适当的尼古丁替代疗法
- 帮助应付并减轻戒断综合症
- 防止再次吸烟而提供支持和指导

如果您的戒烟模式已经稳定，您可以考虑转为每三个月一次以电话进行跟进。

方法

- 非药物戒烟法
- 改变生活方式
- 改变行为
- 突然戒烟
- 药物戒烟法
- 尼古丁替代疗法
- 尼古丁锭剂、口香糖和贴片
- 处方药物

咨询会如何收费？

受津贴患者：6.00新元；私人患者：6.40 新元
(含消费税)

如何约定时间参加咨询会？

欲知详情，请让您的医生作为我们戒烟咨询服务的转诊介绍人，或直接询问我们药房的工作人员，以便同药剂师进行会谈。

您还可以致电63508454，约定由我们的药剂师提供个人化咨询服务的时间。

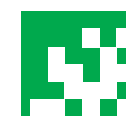
为了获得更佳的健康和皮肤，请选择无烟生活！成千上万的人都已戒烟，您也办得到！

若有疑问，请征求您的医生或药剂师的意见。

National Skin Centre 1 Mandalay Road, Singapore 308205 Tel: 63508454

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**SMOKING
CESSATION**
戒烟


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