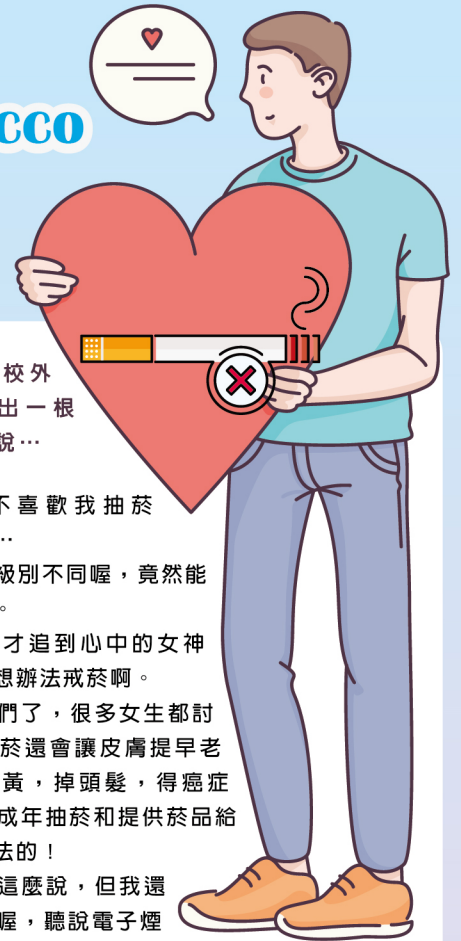




Steer Clear of Tobacco and You Will Shine

遠離菸害 無菸青春最閃亮



(After getting out of school, Eason runs into Mike on campus and pulls out a cigarette, leaving Mike shaking his head ...)

Mike: My new girlfriend hates it when I smoke. She says it smells bad.

Eason: Really? That girlfriend must be special if she's making you think of quitting.

Mike: I've finally been able to get the girl of my dreams, so I have to figure out how to quit smoking.

Belle: I've always told you guys that many women hate the smell of cigarette smoke. Smoking also ages the skin, yellows your teeth, leads to hair loss and causes cancer. On top of all that, it's illegal for minors to smoke and give tobacco products to others.

Mike: That's what my girlfriend said, but I still crave a smoke. I've heard e-cigarettes can help with quitting.

Belle: Are you nuts? Don't you know that e-cigarettes can also be addictive? They contain the same substances that lead to **addiction**, like **nicotine** and cancer-causing formaldehyde and acetaldehyde. They are not the answer if you want to quit.

Eason: That's right. Some e-cigarettes on the market don't even **let on** what's in them or may contain drugs.

Belle: What's even **scarier** is that a few people have been injured by lithium-ion batteries in e-cigarettes that short-circuited and exploded.

Mike: That's horrible! Anyway, I get it. I'll stop smoking any kind of cigarette.

Belle: If you find it's hard to quit simply by relying on your own **willpower**, you can always seek out **professional counseling**.

Eason: Well, the two of us should take this opportunity to quit smoking. Otherwise, we'll get old in a hurry from smoking and let our good looks down!

放學後，Eason在校外巧遇Mike，並遞出一根菸，Mike搖搖頭說...

Mike: 我新女友不喜歡我抽菸啦，說很臭...

Eason: 喔？這女友級別不同喔，竟然能讓你戒菸。

Mike: 我好不容易才追到心中的女神耶，一定得想辦法戒菸啊。

Belle: 早就告訴你們了，很多女生都討厭菸味，吸菸還會讓皮膚提早老化、牙齒變黃，掉頭髮，得癌症...，而且未成年抽菸和提供菸品給同學都是違法的！

Mike: 我的女神也這麼說，但我還是好想抽菸喔，聽說電子煙可以幫助戒菸?!

Belle: 別傻了！你不知道電子煙也會上癮嗎？裡面還是有導致成癮的尼古丁、致癌物質甲醛及乙醛，根本沒辦法戒菸。

Eason: 沒錯，市面上的電子煙有的成份不明，還可能添加毒品。

Belle: 更可怕的是，之前有人因為電子煙裡面的鋰電池短路，然後被炸傷耶！

Mike: 太恐怖了！好啦，不管哪種菸我都不抽了。

Belle: 如果單靠自己的意志力覺得很難戒的話，可以尋求專業的諮詢協助呀！

Eason: 好吧！趁此機會咱們兄弟倆一起努力戒菸吧，不然因為抽菸而變老顏，實在太對不起我的高顏值了！

Keywords:

addictive	上癮	scarier	可怕
nicotine	尼古丁	willpower	意志力
let on	透漏	professional counseling	專業的諮詢

專業戒菸管道

可至臺北市政府衛生局網站/菸害防制專區查詢

- 戒菸班：臺北市政府衛生局委託臺北市醫院開辦，透過團體動力鼓勵學員克服生理與心理對於菸品依賴。
- 戒菸專線（0800-636363）：由專人提供戒菸諮詢及相關資訊。吸菸者本人、吸菸者的親友或希望取得戒菸資訊者等均可撥打。
- 合約醫事機構：國民健康署合約醫院、診所、社區藥局之專業醫事人員提供戒菸治療與衛教諮詢服務。



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