

戒煙

決定是否需要藥物輔助您



*Smoking Cessation:
Deciding if you need medication*

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Chinese Community Respiratory Disease Task Force of the American Lung Association of San Francisco and San Mateo Counties

Chinese Community Health Resource Center

National Heart, Lung and Blood Institute (R01HL69363)

National Institutes of Health

The material was translated from American Lung Association "Freedom from Smoking - What can you do if you are addicted", 1999

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前言

如果你上了尼古丁癮，而又想戒煙的話，如今有藥物可以幫助你應付煙癮及減輕你想吸煙的渴望。最新研究証明，在使用這些戒煙藥物之同時，如果你去參加一個較全面的戒煙輔導課程，學習如何去改變你的習慣以及如何停止吸煙，比自己毫無準備及援助而盲目地戒煙，收效會更大。

從此小冊子中，你可瞭解到更多有關戒煙的藥物，這樣可幫助你決定自己是否需要使用藥物戒煙以及哪種藥物較適合你。你的健康醫療提供者（例如你的醫生，牙醫，護士或藥劑師等）可以指導及給予你建議，以助你戒煙成功。

戒煙藥物

尼古丁藥物產品是以口香糖、皮膚膠布、鼻孔噴劑或口腔吸入器等形式提供尼古丁給身體，在戒煙期間幫助控制你的渴求和減輕你吸煙的衝動。還有一種不含尼古丁的藥丸可助吸煙者戒煙。以下的章節，會使你對這些產品有更多的瞭解。



INTRODUCTION

If you're addicted to nicotine, there are medication products that can help you control your cravings and reduce your urge to smoke when you try to quit smoking. Research has shown that using these products in conjunction with a comprehensive program teaching you how to change your behavior and break your smoking habit can substantially increase your chances of quitting as compared to trying to quit cold turkey without any assistance or preparation.

In this booklet, you'll learn more about these smoking cessation medication products. The information will help you decide if using a medication product is right for you and which product to use. Your health providers (such as your doctors, dentists, nurses or pharmacists) can also provide you guidance and recommendations to help you succeed in your attempt to quit smoking for good.

Available medication products for smoking cessation.

Nicotine medication products in the form of gum, skin patch, nasal spray or oral inhaler, supply nicotine to the body, helping to control your cravings and reducing your urge to smoke during the withdrawal period. There is also a non-nicotine pill to help smokers quit. You'll learn more about these products in the pages ahead.



使用藥物產品

戒煙包括兩個階段的過程：

1. 克服身體對尼古丁的癮慾和
2. 中斷吸煙的習慣。尼古丁產品和不含尼古丁的藥丸幫助克服尼古丁的癮慾，從而讓你能持續地擺脫吸煙的習慣。

因為這些產品並不含有香煙中超過 50 種的毒素，所以比吸煙較為安全。



這些藥物產品有怎樣的效用？

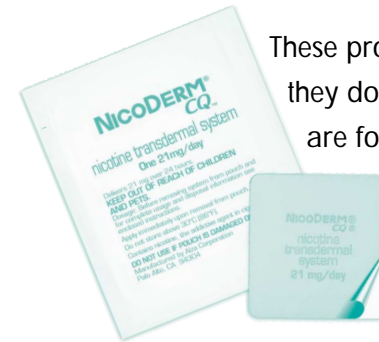
尼古丁口香糖及皮膚膠布全日固定地供給血液低量的尼古丁；尼古丁鼻孔噴劑及口腔吸入器提供尼古丁替換療法以針對吸煙的慾望；不含尼古丁的藥丸使腦部的化學物質產生類似尼古丁對吸煙人士的影響。尼古丁藥物和

不含尼古丁的藥丸幫助減少你對香煙的渴望和消除身體的癮慾狀。研究顯示在使用這些產品的同時，若參予一個如 **Victory From Smoking®** 廣泛的行為改變計劃，會比起你自己毫無準備地嘗試戒煙，成功的機會更高。

USING MEDICATION PRODUCTS

Quitting smoking is a two-step process that includes:

- 1) overcoming the physical addiction to nicotine and
- 2) breaking the smoking habit. Nicotine medication products and the non-nicotine pill help take care of the nicotine addiction so you can work on breaking the habit.



These products are safer than smoking because they do not contain the over 50 toxins which are found in cigarettes.

How do medication products work?

The nicotine gum and skin patch provide a steady low level of nicotine to the bloodstream throughout the day. The nicotine nasal spray and oral inhaler provide nicotine replacement in response to urges to smoke. The non-nicotine pill acts on the brain chemistry to bring about some of the same effects that nicotine has when people smoke. The nicotine medication products and the non-nicotine pill help reduce your cravings for cigarettes and help relieve the physical symptoms that people experience when trying to quit. Research has shown that using these products in conjunction with a comprehensive behavior change program like this **Victory From Smoking®** guide, can substantially increase your chances of quitting as compared to trying to quit cold turkey.

誰適合使用藥物產品？

這些產品並不適合每一個人，它對上了煙癮但有決心戒煙的人較有效。重要的是你向醫生或藥劑師查詢那一種藥物對你適合，並且討論任何使用藥物的潛在危機。

孕婦及哺乳的婦女不應該使用這些產品；患有其他疾病的人，在使用這些藥物前，請先與他們的醫生查詢。

可採用什麼藥物？

藥物種類有很多：尼古丁口香糖和一些尼古丁膠布是不用醫生處方的成藥；另外一些尼古丁膠布、鼻孔噴劑、口腔吸入器及不含尼古丁的藥丸一般都是需要醫生處方的。

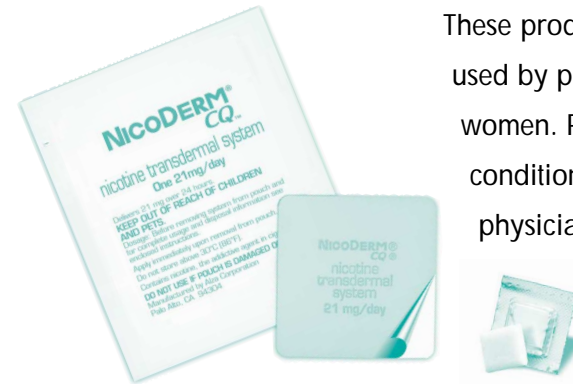


警告：開始使用任何尼古丁藥物前，你必須完全停止吸煙，同時要遵照處方指示和盒內說明書來使用。

Who should use medication products?

These products are not intended for everyone. Medication products work best for people who are addicted to nicotine and are really trying to quit. It is important to check with your doctor or pharmacist to find out which product is right for you and to discuss any potential risks in using them.

These products should not be used by pregnant or nursing women. People with other medical conditions should consult their physician before using.



What medication products are available?

Medication products are available in many forms. The nicotine gum and some nicotine skin patches are sold over the counter. Other nicotine skin patches, the nicotine nasal spray, oral inhaler and the non-nicotine pill are currently available by prescription.

Warning: You must quit smoking completely before starting to use any nicotine medication product and only use as prescribed and/or according to the labeling.

Nicotine gum (尼古丁口香糖) :

提供尼古丁給血液，幫助減低你吸煙的慾望。「口香糖」這名稱卻令人誤解，雖然它是類似口香糖的物質，內含少量尼古丁，但是尼古丁口香糖的嚼法和普通的口香糖不一樣；你短暫地嚼口香糖，然後將它含在面頰內與牙肉之間，由口腔膜吸收尼古丁。你通常要每天嚼九片或以上才能得到最高的效果，建議的治療期是 12 個星期。

優點

- ✓ 簡便
- ✓ 藥量有伸縮性
- ✓ 比膠布較快地輸送尼古丁



缺點

- ✗ 不適合牙齒有問題的人使用
- ✗ 當藥在口腔時，你不能吃喝
- ✗ 需要整天經常地使用才能得到足夠的尼古丁份量

Nicotine patch (尼古丁膠布) :

以不同的份量及不同的時間，透過皮膚輸送尼古丁到體內。每天在上半身貼上新的膠布，非處方的膠布有 6 個星期或 10 個星期的療程。

Nicotine gum:

provides nicotine to your bloodstream to help reduce your urge to smoke. The term "gum" is misleading. Although it actually is a gum-like substance impregnated with small amounts of nicotine, nicotine gum is not chewed like regular gum. Instead, you chew it briefly and then "park" it between your cheek and gum. The nicotine is absorbed through the lining of the mouth. To achieve greatest benefit, you generally should chew nine or more pieces per day. The recommended treatment period is 12 weeks.

Advantages

- ✓ Convenient
- ✓ Flexible dosing
- ✓ Faster delivery of nicotine than the skin patches

Disadvantages

- ✗ May be inappropriate for people with dental problems
- ✗ Cannot eat or drink while the medication is in your mouth
- ✗ Frequent use during the day required to obtain adequate nicotine levels

Nicotine patch:

delivers nicotine through the skin in different strengths, over different lengths of time. Each day a new patch is applied to the upper body. Patches sold over the counter are available in either 6-week or 10-week treatment periods.

優點

- ✓ 容易使用
- ✓ 每天只需貼換一次
- ✓ 有些是不用處方的
- ✓ 很少副作用

缺點

- ✗ 藥量較少伸縮性
- ✗ 藥力的初起較為緩慢
- ✗ 輕微的皮膚紅疹或刺痛

Nicotine nasal spray (尼古丁鼻孔噴劑) :

當你直接在每個鼻孔噴用時，尼古丁會透過鼻腔內膜輸送到血液裡。與消除過敏症的鼻噴劑不同之處是，它並不是一下子吸進去，而是每小時每個鼻孔噴入一至兩次，切記請你的藥劑師幫助你正確地使用這產品。

優點

- ✓ 藥量有伸縮性
- ✓ 可用來應付壓力或吸煙的慾望
- ✓ 在目前多個產品中是最快地輸送尼古丁的一個
- ✓ 在數分鐘內減低煙癮

缺點

- ✗ 眼鼻容易受刺激，但通常在一個星期內消失
- ✗ 需要整天經常地使用才能得到足夠的尼古丁份量

Advantages

- ✓ Easy to use
- ✓ Applied only once a day
- ✓ Some available over-the-counter
- ✓ Few side effects

Disadvantages

- ✗ Less flexible dosing
- ✗ Slow onset of delivery
- ✗ Mild skin rashes and irritation

Nicotine nasal spray:

delivers nicotine through the lining of the nose when you squirt it directly into each nostril. Unlike nasal sprays used to relieve allergy symptoms, the nicotine spray is not meant to be sniffed. Rather, it is sprayed once into each nostril once or twice an hour. Be sure to ask your pharmacist for help in using the product correctly.

Advantages

- ✓ Flexible dosing
- ✓ Can be used in response to stress or urges to smoke
- ✓ Fastest delivery of nicotine of currently available products
- ✓ Reduces cravings in minutes

Disadvantages

- ✗ Nose and eye irritation is common but usually disappears within one week
- ✗ Frequent use during the day required to obtain adequate nicotine levels

Nicotine inhaler (尼古丁吸入器) :

塑膠圓筒形內的藥盒在你噴用時輸送尼古丁，雖然與香煙的形狀相似，但吸入器輸送尼古丁到口腔內，由口腔及咽喉吸收而不是到肺部。

優點

- ✓ 藥量有伸縮性
- ✓ 模倣手到口的吸煙行為
- ✓ 很少副作用
- ✓ 比膠布較快地輸送尼古丁

缺點

- ✗ 需要整天經常地使用才能得到足夠的尼古丁份量
- ✗ 可能會引起口腔或咽喉的刺痛

Non-nicotine pill (不含尼古丁的藥丸) :

治療必須在你戒煙的目標日期前 7 至 10 天開始，它的主要任務是使腦部的化學物質產生類似尼古丁對吸煙人士的影響。它的主要成份是多年來採用的抗抑鬱劑，但它能幫助沒有抑鬱症的人仕戒煙。使用這個藥物可能會引發癲癇症的輕微危機。



Nicotine inhaler:

is a plastic cylinder containing a cartridge that delivers nicotine when you puff on it. Although similar in appearance to a cigarette, the inhaler delivers nicotine into the mouth, not the lung, and is absorbed into the mouth and throat. Your physician can adjust the dosage as your body adjusts to not smoking. Usage is not recommended for longer than six months.

Advantages

- ✓ Flexible dosing
- ✓ Mimics the hand-to-mouth behavior of smoking
- ✓ Few side effects
- ✓ Faster delivery of nicotine than the patches

Disadvantages

- ✗ Frequent use during the day required to obtain adequate nicotine levels
- ✗ May cause mouth or throat irritation

Non-nicotine pill (Bupropion SR):

is a treatment that must be started 7-10 days before your target quit date. Its primary role is to act on brain chemistry to bring about the same effect that nicotine has when people smoke. The main ingredient has been available for many years as a treatment for depression. However, it works well in people with no depression as an aid to quit smoking. A small risk of seizure is associated with use of this medication.

優點

- ✓ 容易使用
- ✓ 藥丸形式
- ✓ 很少副作用
- ✓ 可與尼古丁膠布聯用

缺點

- ✗ 不適合患有厭食症、癲癇症或服用某些藥物的病人
- ✗ 缺乏伸縮性

如果我決定使用藥物產品，我下一步應該怎樣做？



在你開始戒煙之前，你必須掌握一些有用的應付對策，並開始從你的朋友、家人及同事處建立支持，助你度過難關。

必須閱讀有關的指示去正確地使用尼古丁或不含尼古丁等藥物。在你的戒煙目標日，開始使用尼古丁藥品，同時，你不能吸食任何香煙。在你戒煙日前的 7 至 10 天便開始使用不含尼古丁的藥丸。

注意：美國肺臟協會不是這類產品的製造商及銷售商，所以對於這些產品並不負上任何責任。

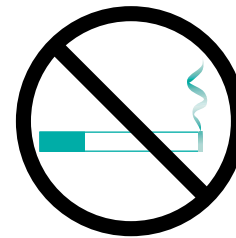
Advantages

- ✓ Easy to use
- ✓ Pill form
- ✓ Few side effects
- ✓ Can be used in combination with nicotine patches

Disadvantages

- ✗ Should not be used by patients with eating disorders, seizure disorders or those taking certain other medication
- ✗ Lack of flexibility of use

If I decide to use a medication product, what do I do next?



Before your Quit Day, be sure to develop a set of coping strategies that work for you and begin to develop support from your friends, family and co-workers to help you through the tough times.

Be sure to read the directions for using your nicotine or non-nicotine medication properly. Start using the nicotine medication product on your Quit Day and do not smoke any cigarettes once you start using a nicotine medication product. Use of the non-nicotine pill should begin 7-10 days before you quit.

Note: The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them.