

Vim Li Cas Nws Thiaj Li Txiat Luam Yeeb Nyuaj Ua Luaj Li?



"Qhov no yog kuv zaum thib 6 thoob plaws ntawm kev kho mob 30-hnub, thiab kuv tau rov mob dua, lawv puav leej yog qhov chaw muab kev pab cuam rau kev haus luam yeeb. Txhua leej neeg yuav tsum tsis txhab haus luam yeeb vim tias kuv paub txog kev haus luam yeeb thiab kev quav luam yeeb quav tshuaj tshwm sim mus ua ke tau li cas." -Ronnie, tus uas txiat txhua yam ntawm nws cov kev quav yeeb quav tshuaj thaum uas nws txiat luam yeeb lawm

Yam Uas Cov Tuam Txhab Luam Yeeb Tsis Xav Kom Koj Paub

Nicotine, qhov yeeb tshuaj ua rau quav hauv luam yeeb, yog ib yam uas txiat nyuaj tshaj plaws. Muaj coob tus tau hais tias kev txiat luam yeeb nyuaj dua kev txiat yeeb dawb los sis yeeb cocaine.

Tshuaj Nicotine Hloov Pauv Koj Lub Hlwb Li Cas?

Tshuaj Nicotine nkag mus rau cov thaj chaw ntawm koj lub hlwb uas hu ua cov txais (receptors). Qhov no tso tawm tshuaj dopamine, uas muab qhov "sal" ntawm kev hnov zoo rau koj. Qhov teeb meem yog, nws tsuas yog ib ntus xwb. Thaum lub sij hawm dhau mus, lub hlwb kawm paub tias nws xav tau tshuaj nicotine kom hnov txog qhov zoo. Thiab, koj yim haus luam yeeb ntawm npaum li cas, nws yim tsim muaj cov txais ntawm npaum li ntawd. Tsheej txiat lab ntawm lawv. Hais txog qee cov, tseem muaj ntawt tshaj lwm cov, uas yog qhov laj thawj vim li cas qee cov neeg muaj lub sij hawm uas txiat luam yeeb tau nyuaj dua.

Koj haus luam yeeb



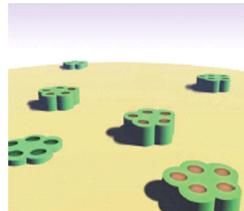
Nicotine nkag mus rau koj lub ntsws thiab lub hlwb



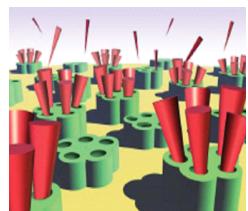
Nicotine tsim muaj lub suab "buzz"



Lub suab Buzz tsum, ua rau koj rov nqhis :-(



Tsis muaj tshuaj nicotine



Muaj tshuaj nicotine

Peb txoj hauv kev los pib nrog kev pab dawb, Tus Xov Tooj Txog
Kev Txiat Luam Yeeb 24/7:



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Tau tsim los ntawm Lub Tsev Kawm Ntawv Qib Siab
ntawm Wisconsin Lub Chaw Muab Kev Pab Cuam rau
Kev Tshawb Fawb thiab Kev Cuam Tshuam Luam Yeeb

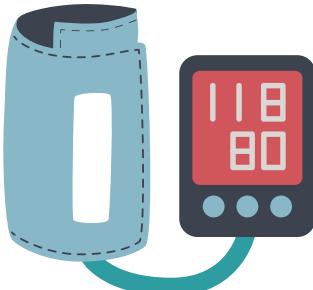
Yuav Muaj Dab Tsi Tshwm Sim Thaum Kuv Txiav Luam Yeeb?

Thaum cov txais (receptors) hauv koj lub hlwb tsis tau txais tshuaj nicotine lawm, qhov "kev hnov-zoo" sai ntawd tau txais kev txiav tawm lawm. Qhov no tuaj yeem:

- Ua rau koj mob taub hau, hnov tsis kaj siab, tshaib plab dua qub, los sis tsis muaj lub zog.
- "Qhov Txhawb Rau" koj kom nqhis luam yeeb hauv qee cov xwm txheej.

Qhov xov xwm Zoo yog:

- Thaum koj txiav lawm, tus lej ntawm cov txais (receptors) ntawm tshuaj nicotine hauv koj lub hlwb thaum kawg yuav hloov rov qab mus zoo li ib txwm.
- Cov kev nqhis yuav tshwm sim tsawg thiab tsawg zuj zus lawm xwb.
- Thaum txog sij hawm, cov kev nqhis yuav ploj mus kom tag!



20 FEEB TOM QAB KEV TXIAV:

Koj tus qi plawv dhia thiab qhov ntshav siab poob mus rau cov theem li ib txwm.

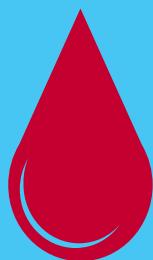


1 XYOOS TOM QAB KEV TXIAV:

Koj li kev pheej hmoo ntawm tus mob txoj hlab ntsha hauv lub plawv nyob rau li ib nrab ntawm tus neeg haus luam yeeb.

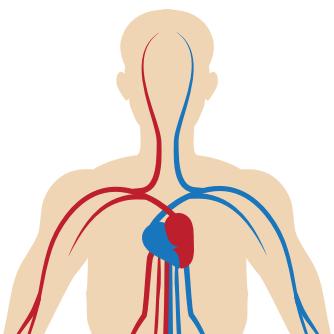
12 TEEV TOM QAB KEV TXIAV:

Qhov theem ntawm carbon monoxide hauv koj li ntshav pib poob qis mus rau li ib txwm.



5-15 XYOOS TOM QAB KEV TXIAV:

Koj qhov kev pheej hmoo ntawm hlab ntsha hlwb tawg ntawd zoo ib yam tus tsis haus luam yeeb.



2 LUB LIM TIAM MUS RAU 3 LUB HLI TOM QAB KEV TXIAV:

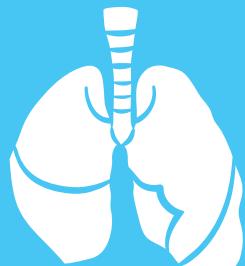
Koj li kev ntws ntawm ntshav thiab kev ua hauj lwm ntawm lub ntsws zoo tuaj.



10 XYOO TOM QAB KEV TXIAV:

Koj qhov kev pheej hmoo ntawm kev tuag los ntawm tus mob khees xaws ntsws yog nyob li ntawm ib nrab ntawm tus neeg haus luam yeeb. Koj qhov kev pheej hmoo ntawm tus mob khees xaws caj pas, tus mob khees xaws zais zis thiab tus mob khees xaws ntawm lub raum txo qis.

1-9 LUB HLI TOM QAB KEV TXIAV:
Kev hnoos thiab txog siav txa qis.



15 XYOOS TOM QAB KEV TXIAV:
Koj qhov kev pheej hmoo ntawm tus mob hlab ntsha hauv lub plawv poob mus rau qhov li tus neeg uas tsis haus luam yeeb.



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