

## 中醫 耳穴

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Chinese Medicine Ear Points Patches for smoking cessation utilises the application of Cowherb seed on the surface of the ear(s) to stimulate the ear points. This treatment is safe, painless and has minimal side effects. It has a very low risk of auricular perichondritis and continuously stimulates the ear points effectively. Patients can periodically apply pressure to each treated point to enhance stimulation.



## 操作方法及注意事項 Application Instructions & Important Notes

醫師會用75%醫用酒精消毒耳廓穴位部位及周圍，一手固定耳廓，另一手將耳穴貼貼在特定穴位上並按壓牢固。

The Chinese Medical Practitioners (CMPs) will use 75% medical alcohol to disinfect the ear points and the surrounding area. They will hold the ear with one hand and firmly attach the patches to the specific ear points with the other hand.

如發現懷孕、有凝血機制障礙或服用抗凝血藥物例如：華法林(warfarin)，切勿使用耳穴貼，請聯絡博愛中醫戒煙診所。

If you are pregnant, have bleeding disorders, or are taking anticoagulant drugs such as warfarin, please do not use the ear patches and contact POH Chinese Medicine Smoking Cessation Clinic.



## 博愛免費中醫戒煙服務

FREE POH Chinese Medicine Smoking Cessation Programme

戒煙人士可隨時參加博愛醫院免費中醫針灸戒煙計劃。此計劃已進行超過10年，而戒煙成功率與戒煙藥物(尼古丁替代療法)相若。

You can join the free POH Chinese Medicine Smoking Cessation Programme using acupuncture anytime. This programme has been running for over 10 years and has a similar successful quit rate to western medicines (nicotine replacement therapy).

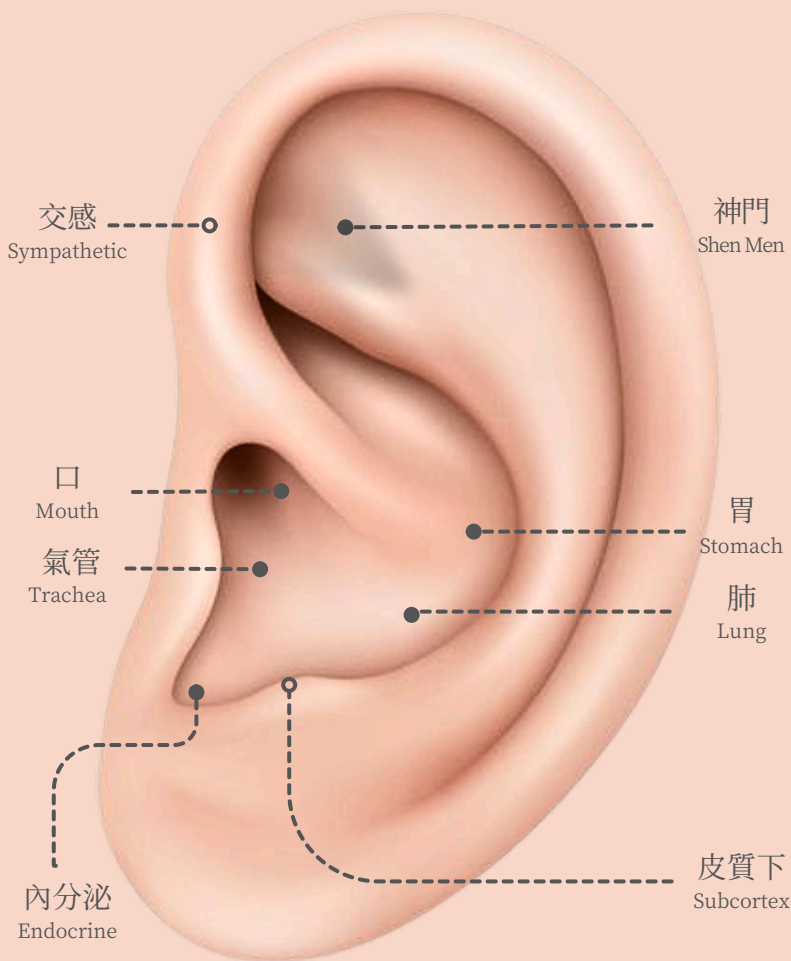
## 全港超過200個服務點 More than 200 service points in Hong Kong

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|---|---|---|--|---|---|
| <p>社區中醫診所/社區健康中心(戒煙中心)<br/>九龍坪石藍石樓地下127-129號舖</p> <p>梁之清夫人綜合中醫專科診所<br/>香港太古城道9號天山閣地舖2號</p> <p>黃啟泰夫人綜合中醫專科診所<br/>香港仔華富(一)邨華光樓平台709-710舖</p> <p>長洲鄉事委員會綜合中醫專科診所<br/>長洲教堂路2號長洲鄉事委員會2樓</p> <p>博愛醫院社區中醫診所<br/>元朗錦上路71號博愛江夏園村博愛服務大樓地下G07室</p> | <p>香港中文大學中醫診所暨教研中心<br/>元朗西菁街26號容鳳書健康中心3字樓</p> <p>香港浸會大學中醫診所暨教研中心<br/>九龍佐敦加士居道30號伊利沙伯醫院R座9樓</p> <p>元朗東莞同鄉會綜合中醫專科診所<br/>天水圍天華邨華祐樓B翼地下2-3號</p> <p>博愛醫院綜合中醫專科診所<br/>新界青衣長發邨社區中心G02,05,06室</p> | <p>香港中文大學中醫診所暨教研中心<br/>沙田大圍文禮路2號沙田(大圍)診所地下</p> <p>香港浸會大學中醫診所暨教研中心<br/>九龍何文田愛民邨保民樓401-412室</p> <p>博愛醫院陳首銘博士社區中醫診所<br/>新界水泉澳邨水泉澳廣場G07號舖</p> <p>博愛醫院坭府社區中醫診所<br/>沙田碩門邨碩門商場P11號舖位</p> |  |   |   |
| <p>中醫專科醫療車-葵青(01)</p> <p>中醫流動醫療車-大圍(07)</p> <p>中醫流動醫療車-觀塘(13)</p> <p>中醫流動醫療車-元村(19)</p> <p>中醫專科醫療車-藍田(25)</p> <p>中醫專科醫療車-大埔(31)</p> <p>中醫專科醫療車-沙田及馬鞍山(34)</p>   | <p>中醫專科醫療車-長沙灣(02)</p> <p>中醫流動醫療車-東涌(08)</p> <p>中醫流動醫療車-油塘(14)</p> <p>中醫流動醫療車-天錦(20)</p> <p>中醫專科醫療車-筲箕灣(26)</p> <p>中醫專科醫療車-旺角(32)</p> <p>中醫專科醫療車-馬鞍山(34)</p> <p>中醫專科醫療車-港島(35)</p>        | <p>中醫流動醫療車-黃大仙(03)</p> <p>中醫流動醫療車-上水(09)</p> <p>中醫流動醫療車-青衣(15)</p> <p>中醫專科醫療車-馬鞍山(21)</p> <p>中醫專科醫療車-九龍城(27)</p> <p>中醫專科醫療車-屯門(33)</p>  | <p>中醫流動醫療車-新蒲崗(04)</p> <p>中醫流動醫療車-土瓜灣(10)</p> <p>中醫流動醫療車-荃灣西(16)</p> <p>中醫專科醫療車-沙田(22)</p> <p>中醫專科醫療車-元朗(28)</p> | <p>中醫流動醫療車-屯元(05)</p> <p>中醫流動醫療車-大窩口(11)</p> <p>中醫流動醫療車-將軍澳(17)</p> <p>中醫專科醫療車-荃灣(23)</p> <p>中醫專科醫療車-北區(29)</p> | <p>中醫流動醫療車-深水埗(06)</p> <p>中醫流動醫療車-天水圍(12)</p> <p>中醫流動醫療車-天悅(18)</p> <p>中醫專科醫療車-坑口(24)</p> <p>中醫專科醫療車-葵青(30)</p> |



# 穴位示意圖

## Acupuncture Points Chart



-----○ 穴位在內側面  
Hidden Point





博愛



博愛醫院  
Pok Oi Hospital

## 博愛醫院免費中醫戒煙耳穴貼試用計劃

Pok Oi Hospital (POH) Chinese Medicine Ear Points Patches for Smoking Cessation Free Trial Programme

(計劃日期: 2025年5月30日至7月31日)



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### 操作方法

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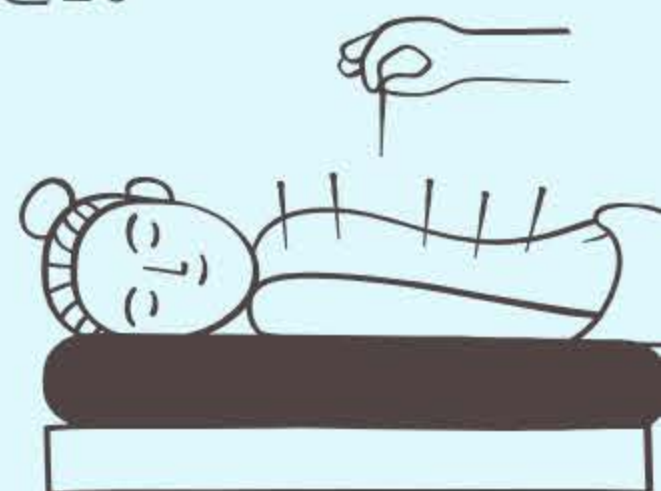
穴位示意圖  
Acupuncture Points Chart

### 針灸及其他戒煙計劃

#### Smoking Cessation Programmes using acupuncture and other methods

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戒煙人士亦可致電戒煙熱線 1833 183查詢戒煙事宜。戒煙熱線由註冊護士提供戒煙輔導、戒煙藥物資訊，退癮徵狀處理技巧以及預約其他免費戒煙服務等。

You can also call the Quitline at 1833 183 for enquiries about smoking cessation. The Quitline is manned by registered nurses who offer counselling for quitting smoking, information on quitting medicines, tips on handling withdrawal symptoms, and you can make an appointment for other free smoking cessation services.



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ONLINE APPLICATION



FACEBOOK



INSTAGRAM



WHATSAPP



# 給戒煙人士的建議 Recommendations for people quitting smoking



## 中醫戒煙耳穴貼

Chinese Medicine Ear Points Patches



每1-2小時按壓耳穴1次，每次3分鐘。耳穴貼試用服務最長可達2週。

Apply pressure to each ear point for 3 minutes every 1-2 hours. The trial service lasts up to 2 weeks for each patient.



當煙癮發作時，按壓穴位，力度以能夠接受為準，直至煙癮消失為止，並每天紀錄按壓次數。

Whenever you have cravings, apply pressure to each ear point with a tolerable intensity until the craving subsides. You can record the number of times where pressure is applied every day.



按壓穴位時，用拇指及食指以一壓一放方式垂直按壓，不可搓擦或左右推壓，以防皮膚破損或感染。

Use your thumb and index finger to apply pressure on each ear point. With the 2 fingers, press and loosen vertically instead of massaging or moving the patch horizontally to prevent skin damage or infection.



建議每2天自行更換耳穴貼1次。如果洗澡/洗頭時耳穴貼脫落，可事後立即更換或待更換其他耳穴貼時重新貼上。

It is recommended to change the patches once every 2 days. If any patches fall off during shower or hair washing, you can apply new patches to replace the ones lost or wait till the next treatment to change the whole batch.



建議將耳穴貼輪流貼敷在左或右耳上（例如第一次貼左耳，第二次貼右耳）。

It is recommended to apply the patches alternatively on your left and right ears (e.g. 1st treatment on the left ear, then next treatment on the right ear).



如沒信心自行更換，可於2-4天後返回本計劃內提供試用服務的中醫診所，由醫師更換耳穴貼。

If you are not confident in changing the patches, you can visit one of the POH Chinese Medicine Smoking Cessation Clinics and consult a CMP for the service.



如須返回中醫診所更換耳穴貼，可於事前2-3小時自行取下全部耳穴貼，細心檢查確保沒有遺留，並徹底清潔耳廓。

If you plan to visit the clinic for a change of patches, you can remove the patches and clean it thoroughly 2-3 hours before the follow-up consultation.



如在兩星期內用完耳穴貼，可返回中醫診所領取1片耳穴貼。

If you run out of patches within 2 weeks, you can go back to the clinic to obtain a piece of ear patches.



如有疑問或耳廓皮膚有任何不適，應取下及暫停使用耳穴貼，並致電博愛中醫戒煙熱線：2607 1222。

If you have any questions or experience any discomfort on the ear skin, please remove all the patches and call the POH Chinese Medicine Smoking Cessation Service at 2607 1222.



如發現懷孕、有凝血機制障礙或服用抗凝血藥物例如：華法林(WARFARIN)，切勿使用耳穴貼，請聯絡博愛中醫戒煙診所。

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