

不吸菸

讓我更美麗



吸菸會導致皮膚產生皺紋、看起來更快老化，因為吸菸會加速蛋白質與皮膚彈性有關流失、消耗皮膚的維他命A、限縮血流循環，而使皮膚提早老化。

Tobacco makes your skin wrinkly, making you look older faster. Smoking prematurely ages the skin by wearing away proteins that give the skin elasticity, depleting it of vitamin A and restricting blood flow.

戒菸服務專線：0800-636363



資料來源：世界衛生組織(World Health Organization, WHO)
103個戒菸的理由 (MORE THAN 100 REASONS TO QUIT TOBACCO)