Oops! I Did It Again—Smoking, Smoking Cessation and Getting it Right

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Smoking is the leading cause of all statistics—Liza Minelli
How We Die

**Leading Causes of Death**

United States, 2000

- Heart Disease
- Cancer
- Stroke
- Chronic lower respiratory disease
- Unintentional injuries
- Diabetes
- Pneumonia/influenza
- Alzheimer’s disease
- Kidney disease

**Actual Causes of Death**

United States, 2000

- Tobacco
- Poor diet/Physical inactivity
- Alcohol consumption
- Microbial agents (e.g., influenza, pneumonia)
- Toxic agents (e.g., pollutants, asbestos)
- Motor vehicles
- Firearms
- Sexual behavior
- Illicit drug use

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They’re talking about banning cigarette smoking now in any place that’s used by 10 or more people in a week, which I guess means that Madonna can’t even smoke in bed—Bill Maher
Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times—Mark Twain
#1—Pick A Date

I had a lot of dates but I decided to stay home and dye my eyebrows—Andy Warhol
#2—Tell Friends and Family
Insanity runs in my family. It practically gallops—Cary Grant
#3—Planning Step 1: What You Expect

Let our advance worrying become advance thinking and planning—Winston Churchill
#4—Planning Part 2: What You Don’t

I’m not planning to jump off a bridge with no bungee—Norah Jones
#5—Planning Part 3: When You Slip

Plans are nothing; Planning is everything—Dwight D. Eisenhower
#6—Rewards/Recognition

The reward of a thing well done is having done it well—Ralph Waldo Emerson
I recently went to a new doctor and noticed he was located in something called the Professional Building…I felt better right away—George Carlin
#8--Prevent

Because tobacco is responsible for an impressive 1/3 of cancers, prevention efforts naturally begin with it—Bernard Levin