

## Smoking cessation

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Smoking is the single most important risk factor for non-communicable disease, and the risk of smoking-related diseases fall after smoking cessation. Besides being the most important risk factor for development of lung cancer, smoking is also the most important risk factor for development of chronic obstructive pulmonary disease (COPD). Smoking is currently responsible for about five million premature deaths each year; and it is estimated that by 2020, the number of smoking-related premature deaths will increase to some 10 million per year. In 2005, the first 5 leading causes of mortality in Hong Kong were all related to smoking. Therefore smoking related morbidity and mortality is a huge burden on the healthcare system. It is beyond argument that successful smoking cessation reaps numerous health benefits. Despite their willingness and adequate motivation, however, many smokers might find that they are facing a battle that is far from easy to win. This is primarily due to the physical dependence induced by nicotine addiction. Both pharmacological therapy and non-pharmacological therapy are useful in helping smokers to quit, and pharmacological therapy has been found to be superior. By using both pharmacological therapy and non-pharmacological therapy, the smoking abstinence rate at 12 week can approach ~ 50%.