Elisa K. Tong, M.D., M.A.

Clinical Interests

Elisa Tong is a general internist who helps take care of patients in the clinic and hospital settings. Her area of interest is in tobacco cessation and its cross-cutting impact on health and wellness for smokers and their families. Tobacco not only is an important risk factor for cancer and cardiopulmonary death and disease, its use can increase infections, worsen surgical healing, and affect the metabolism of medications.

The U.S. Surgeon General has also determined there is no safe level of smoke exposure for nonsmokers. Since tobacco is one of the most addictive substances, it can take at least 8-12 tries before a smoker can quit for good, but each try is a closer step to success. UCDMC offers tobacco cessation classes (livinghealthy.ucdavis.edu) and the California Smokers' Helpline at UC San Diego offers free telephone counseling and educational materials in different languages (www.nobutts.org).

Research/Academic Interests

Dr. Tong's research interests are in tobacco control policy and cessation, with special interests in secondhand smoke, diverse and underserved populations (particularly Asians), and health systems change.

She is the founding Project Director for "UC Quits", the UC-wide Tobacco Cessation Network across the 5 UC medical centers that has used the electronic medical record to help address tobacco at every clinical encounter and connect with the California Smokers' Helpline at UCSD. She has also worked on tobacco cessation interventions targeting community college students, Medi-Cal members, and Chinese smokers living with household nonsmokers.

Title

Associate Professor

Specialty

Internal Medicine

Department

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Center/Program Affiliation

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Education
M.D., Stanford University School of Medicine, Stanford CA 2000
M.A., Heath Services Research, Stanford University, Stanford CA 2000
B.A., Stanford University, Stanford CA 1994

Residency
Internal Medicine, Santa Clara Valley Medical Center, San Jose CA 2000-2003

Fellowships
General Internal Medicine Research, UC San Francisco School of Medicine, San Francisco CA 2003-2006

Board Certifications
American Board of Internal Medicine, 2003

Professional Memberships
American Public Health Association
Society for General Internal Medicine

Honors and Awards
UC Davis Medical Center Dean's Team Award for Clinical Care & Inclusion Excellence, 2016
UC Health Center for Health Quality and Innovation Fellowship, 2013
UC Davis Health System Employee Excellence Award for Diversity, 2012
UC Davis Health System Employee Excellence Award for Social Responsibility, 2011
Christine and Helen S. Landgraf Memorial Research Award for Cancer Research, 2010
American Legacy Foundation Sybil G. Jacobs Award for Outstanding Use of Tobacco Industry Documents, 2007

Select Recent Publications
Saw A, Paterniti D, Fung LC, Tsoh JY, Chen, Jr. MS, Tong E. Social Environmental Influences on Smoking and Cessation: Perspectives among Chinese-speaking Smokers and Nonsmokers in California. J of Immigrant and Minority Health. 2016.

Yang L, Tong EK, Mao Z, Hu TW, Lee AH. A Clustered Randomized Controlled Trial to Reduce Secondhand Smoke Exposure Among Nonsmoking Pregnant Women in Sichuan Province, China. Nicotine Tob Res. 2016 May;18(5):1163-70.

Tong EK, Fagan P, Cooper L, Canto M, Carroll W, Foster-Bey J, Hébert JR, Lopez-Class M, Ma GX, Nez Henderson P, Pérez-Stable EJ, Santos L, Smith JH, Tan Y, Tsoh J, Chu K. Working to Eliminate Cancer Health Disparities from Tobacco: A Review of the National Cancer Institute's Community Networks Program. Nicotine Tob Res. 2015 Aug;17(8):908-23.

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Mukherjea A, Modayil MV, Tong EK. Paan (pan) and paan (pan) masala should be considered tobacco products. Tob Control. 2015 Dec;24(e4):e280-4.

Blanco L, Nydegger LA, Sakuma KL, Tong EK, White MM, Trinidad DR. Increases in light and intermittent smoking among Asian Americans and non-Hispanic Whites. Nicotine Tob Res. 2014 Jun;16(6):904-8.

Tong EK, Fung LC, Stewart SL, Paterniti DA, Dang JH, Chen MS Jr. Impact of a biospecimen collection seminar on willingness to donate biospecimens among Chinese Americans: results from a randomized, controlled community-based trial. Cancer Epidemiol Biomarkers Prev. 2014 Mar;23 (3):392-401.

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Tong EK, Lew R. Moving communities toward policy change: APPEAL's 4-prong policy change model. Health Promot Pract. 2013 Sep;14(5 Suppl):29S-35S.

Luo J, Rossouw J, Tong E, Giovino GA, Lee CC, Chen C, Ockene JK, Qi L, Margolis KL. Smoking and diabetes: does the increased risk ever go away? Am J Epidemiol. 2013 Sep 15;178(6):937-45.

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