



In Good Health Newsletter, November



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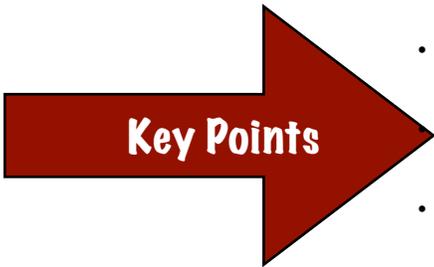
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November
Lung Cancer Awareness
Gratitude

Lung Cancer

According to the American Cancer Society, lung cancer is by far the leading cause of cancer deaths in men and women in the United States, and as many as 90 percent of those deaths are caused by smoking. **New Jersey is especially affected by lung cancer, with rates above the national average.** For those of us in the lower half of the state, we are more likely to die of lung cancer than our northern counterparts.

Lung cancer is so deadly for several reasons. One, early stage lung cancer does not have any symptoms so it is usually not discovered until it is too far advanced to treat. Two, many smokers with later stage lung cancer will brush off lung cancer symptoms like chronic coughing, wheezing and chest pain as side effects of smoking, which can delay diagnosis. Three, when patients do go to the emergency room for respiratory problems and receive a chest x-ray, the x-ray usually won't pick up early stage lung cancer.



- **Cigarette smoking is the number one lung cancer risk factor**
- **Breathing in dangerous chemicals can cause lung cancer**
- **The more chemicals you breathe in the higher your lung cancer risk**
- **Take steps to protect your lungs from lung cancer all the time**

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Did You Know?
Tobacco smoke is a toxic mix of more than 7,000 chemicals. Many are poisons. At least 70 are known to cause cancer in people or animals. People who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than people who do not smoke. Even smoking a few cigarettes a day or smoking occasionally increases the risk of lung cancer.

Lung Cancer Risk Factors



Cigarette smoking is the number one risk factor for lung cancer. In the United States, cigarette smoking is linked to about 80% to 90% of lung cancers. Using other tobacco products such as cigars or pipes also increases the risk for lung cancer. Tobacco smoke is a toxic mix of more than 7,000 chemicals. People who quit smoking have a lower risk of lung cancer than if they had continued to smoke, but their risk is higher than the risk for people who never smoked. Quitting smoking at any age can lower the risk of lung cancer. Cigarette smoking can cause cancer almost anywhere in the body.

Cigarette smoking causes cancer of the mouth and throat, esophagus, stomach, colon, rectum, liver, pancreas, voicebox (larynx), trachea, bronchus, kidney and renal pelvis, urinary bladder, and cervix, and causes acute myeloid leukemia.

Secondhand Smoke Smoke from other people's cigarettes, pipes, or cigars ([secondhand smoke](#)) also causes lung cancer. When a person breathes in secondhand smoke, it is like he or she is smoking. In the United States, two out of five adults who don't smoke and half of children are exposed to secondhand smoke, and about 7,300 people who never smoked die from lung cancer due to secondhand smoke every year.

Radon Smoke from other people's cigarettes, pipes, or cigars ([secondhand smoke](#)) also causes lung cancer. When a person breathes in secondhand smoke, it is like he or she is smoking. In the United States, two out of five adults who don't smoke and half of children are exposed to secondhand smoke, and about 7,300 people who never smoked die from lung cancer due to secondhand smoke every year.



Other Substances Examples of substances found at some workplaces that increase risk include [asbestos](#), [arsenic](#), [diesel exhaust](#), and some forms of [silica](#) and [chromium](#). For many of these substances, the risk of getting lung cancer is even higher for those who smoke.

Personal or Family History of Lung Cancer If you are a lung cancer survivor, there is a risk that you may develop another lung cancer, especially if you smoke. Your risk of lung cancer may be higher if your parents, brothers or sisters, or children have had lung cancer. This could be true because they also smoke, or they live or work in the same place where they are exposed to radon and other substances that can cause lung cancer.

Radiation Therapy to the Chest Cancer survivors who had radiation therapy to the chest are at higher risk of lung cancer.

Diet Scientists are studying many different foods and dietary supplements to see whether they change the risk of getting lung cancer. There is much we still need to know. We do know that smokers who take beta-carotene supplements have increased risk of lung cancer. For more information, visit [Lung Cancer Prevention](#). Also, arsenic in drinking water (primarily from private wells) can increase the risk of lung cancer. For more information, visit the EPA's [Arsenic in Drinking Water](#).



Warning Signs of Lung Disease

A nagging cough or slight wheeze may barely register in the course of our busy days, but it's critically important to pay attention to even mild symptoms. Sometimes people think having trouble breathing is just something that comes with getting older. It is important to pay attention to these symptoms as they could be the first signs of lung disease, including COPD, asthma and lung cancer. Knowing the early warning signs of lung disease can help you receive treatment before the disease becomes serious or even life threatening. If you experience any of the following warning signs, make an appointment with your healthcare provider as soon as possible. Early detection could save your life.

Chronic cough: A cough that you have had for a month or longer is considered chronic. This is an important early symptom that tells you something is wrong with your respiratory system.

Chronic mucus production: Mucus, also called sputum or phlegm, is produced by the airways as a defense against infections or irritants. If your mucus production has lasted a month or longer, this could indicate lung disease.

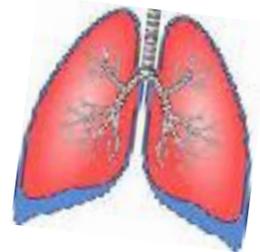
Coughing up blood: If you are coughing up blood, it may be coming from your lungs or upper respiratory tract. Wherever it's coming from, it signals a health problem.

Shortness of breath: It's not normal to experience shortness of breath that doesn't go away after exercising, or that you have after little or no exertion. Labored or difficult breathing—the feeling that it is hard to breathe in or out—is also a warning sign.

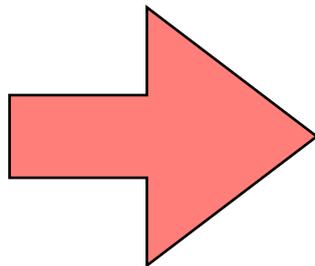
Wheezing: Noisy breathing or wheezing is a sign that something unusual is blocking your lungs' airways or making them too narrow.

Chronic chest pain: Unexplained chest pain that lasts for a month or more—especially if it gets worse when you breathe in or cough—also is a warning sign.

Symptoms of Lung Cancer



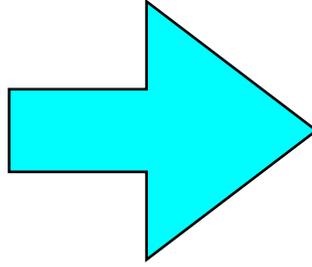
Many people with lung cancer don't have symptoms until the disease is in its later stages. Because there are very few nerve endings in the lungs, a tumor could grow without causing pain or discomfort. When symptoms are present, they are different in each person, but may include:



- A cough that doesn't go away and gets worse over time
- Hoarseness
- Constant chest pain
- Shortness of breath or wheezing
- Frequent lung infections such as bronchitis or pneumonia
- Coughing up blood

Symptoms of Lung Cancer

Some symptoms of lung cancer may not seem related to the lungs or breathing. These symptoms can still be a sign of lung cancer because lung cancer usually does not cause symptoms in its earlier stages. This means some symptoms do not appear until the cancer has spread to other parts of the body. Some of these symptoms may include:



- Weight Loss
- Loss of appetite
- Headaches
- Bone pain or fractures
- Blood clots

See your doctor right away if you notice any of these symptoms. If you think you are at risk for lung cancer, talk to your doctor about being screened. Some people, unfortunately, go misdiagnosed for a long time because their symptoms are similar to other diagnoses such as pneumonia, allergies or a cold. If you feel that something is wrong, be persistent with your doctor. You know your body best and being persistent could save your life.

Keep Your Lungs Healthy

Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease. Here are some ways to keep your lungs healthy:

Don't Smoke Cigarette smoking is the major cause of [lung cancer](#) and chronic obstructive pulmonary disease ([COPD](#)), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette **smoke destroys lung tissue, and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting. The American Lung Association can help whenever you are ready.**

Avoid Exposure to Pollutants That Can Damage Your Lungs Secondhand smoke, outdoor air pollution, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smokefree. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

Prevent Infection A cold or other respiratory infection can sometimes become very serious. There are several things you can do to protect yourself:

- Wash your hands often with soap & water. Alcohol-based cleaners are a good substitute if you cannot wash.
- Avoids crowds during the cold and flu season.
- Good oral hygiene can protect you from the germs in your mouth leading to infections. Brush your teeth at least twice daily and see your dentist at least every six months.
- Get vaccinated every year against [influenza](#). Talk to your healthcare provider to find out if the [pneumonia](#) vaccine is right for you.
- If you get sick, keep it to yourself! Protect the people around you, including your loved ones, by keeping your distance. Stay home from work or school until you're feeling better.

Get Regular Healthcare Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected until it is serious. During a check-up, your healthcare provider will listen to your breathing and listen to your concerns.

Exercise Aerobic exercise helps improve your lung capacity. Specific breathing exercises can also help improve your lung function. Exercise and breathing techniques are also great for improving your mood and helping you relax.

Gratitude is Good For Your Health

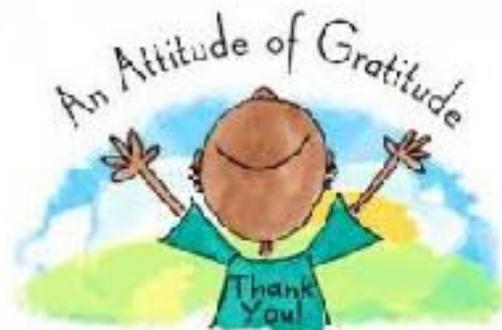


Researchers studying gratitude report that practicing gratitude can improve your health and wellbeing. Robert Emmons, Ph.D. and colleagues at UC Davis randomly divided study participants into three groups, each which made weekly entries in a journal. One group had to write about five things they were grateful of. Another group was assigned to write about five things they found annoying or irritating. And a control group was asked to list five events that affected them in some way. At the end of the three week study: **those who focused on gratitude reported feeling better about their lives overall, were more optimistic about the upcoming week and reported fewer health problems when compared to the group that focused on hassles, or the control group.**



Cultivating Gratitude!

- 1. Keep a Gratitude Journal** Set aside time each day to record at least 3-5 things that you are grateful for. Psychologists say this is probably the most effective strategy to help you create the habit of focusing on the positive in your life.
- 2. Use The Right Words** According to Andrew Newberg, M.D. and Mark Robert Waldman, words literally can change your brain. In their book, [Words Can Change Your Brain](#), they write: "a single word has the power to influence the expression of genes that regulate physical and emotional stress." Positive words, such as "peace" and "love," can alter the expression of genes, strengthening areas in our frontal lobes and promoting the brain's cognitive functioning. According to the authors, they propel the motivational centers of the brain into action and build resiliency.
- 3. Write Thank You Letters** a powerful exercise to cultivate gratitude is to compose a "gratitude letter" to a person who has made a positive and lasting influence in your life.
- 4. Create a Gratitude Bulletin Board** To get started hang a poster board up at your office (municipal building, public works, police station etc). Leave a pile of post it notes and instruct employees to jot down something they are grateful for. **Susan Danson of Waterford Twp., hung a poster board up and left post it for employees to write what they were grateful for during October Wellness Month. It has been so popular that they are going to continue to keep the Gratitude Bulletin Board up for the rest of the year!**
- 5. Hang With Winners** Studies show that married folks hanging out with happy couples are more likely to stay married themselves; that if your friends eat well, their willpower will rub off on you; and that if you surround yourself with optimists, you will end up more positive than if you keep company with a bunch of whiners. By merely sitting next to a person who likes the words "thank you," there is a high probability that you will start using those words as well.
- 6. Give Back** Giving back doesn't mean reciprocating favors so that everything is fair and the tally is even. That's the beauty of giving. If someone does an act of kindness for you, one way to say thanks is to do the same for another.



psychcentral.com
huffingtonpost.com
healthy exchange

Apple Pie Overnight Oats

Ingredients:

- 1 cup steel cut oats
- 2 apples (peeled and diced)
- 2 cups apple cider or juice
- 2 cups water or milk
- 1/4 cup maple syrup or 6 dates diced
- 2 tsp vanilla
- 1 tbsp cinnamon
- 1 tbsp coconut oil
- 1/2 tsp salt



Serves: 3-4

Total Time: 8 hours

Mix all ingredients in crock pot. Turn on low setting and wake up to a home smelling delicious. Cook for 8 hours. If your crock pot tends to run hot you can put a ceramic crock inside the slow cooker to avoid excess browning.

- * Enjoy your oats with a tablespoon of nuts or seeds, 1 tsp ground flax or chia seeds for your Omega 3 fatty acids

This recipe was prepared during the Lower Township Health Fair by Georgia Saler Histon of ***Vitality Nutrition & Wellness Center***. Many thanks to her for preparing this wonderful dish for the employees of Lower Township to sample. For more information on this business please check out the website:

www.vitalitynutritionandwellnesscenter.com

