



2014 NOVEMBER -LUNG CANCER

Estimated new cases and deaths from lung cancer (non-small cell and small cell combined) in the United States in 2014:

- New cases: 224,210
- Deaths: 159,260

THE LUNGS

Your lungs are a pair of large organs in your chest. They are part of your respiratory system.

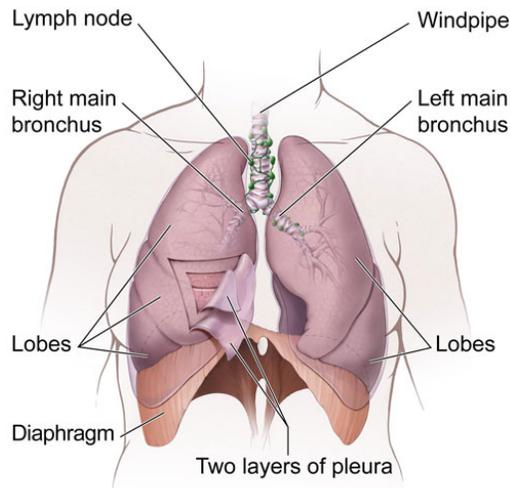
Air enters your body through your nose or mouth. It passes through your windpipe (trachea) and through each bronchus, and goes into your lungs.

When you breathe in, your lungs expand with air. This is how your body gets oxygen.

When you breathe out, air goes out of your lungs. This is how your body gets rid of carbon dioxide.

Your right lung has three parts (lobes). Your left lung is smaller and has two lobes.

Inside the chest are two thin layers of tissue (the pleura). One layer covers the lungs and the other layer lines the inside of your chest.



Reference: <http://www.cancer.gov/cancertopics/wyntk/lung/page2>

SITE 13 NEWS

MT Breast & Cervical Enrollment Now Underway for Fiscal Year 2014/2015

15%

Of enrollments have been completed for Fiscal Year 2013/2014

If you know of anyone who would benefit from the Montana Cancer Screening program please call:

Sarah Farrow
Site 13
MTCCP Coordinator
406-433-2207 for program

information

Currently all colorectal enrollments for fiscal year 2014/2015 are filled, call now to be placed on the waiting list.

Cancer Coalition NEWS

Next Coalition meeting:

December 4 @ 2:00

**Community Services Bld.
Sidney MT**

\$\$\$\$\$ News

Screening/Education amounts available for each county.

Dawson-Fallon- McCone-Prairie-Richland & Wibaux have 1500.00 for screenings & 1000.00 Event money for each county.

Report on Cancer Coalition (Cancer Coalition Aid) Fund

A Total of 36 individuals have applied and received funds.

The Cancer Coalition is sponsored by
The Richland County Health Department & we thank them!

All money raised benefit local residents, no funds are used to pay administrative costs.

Cancer Coalition 
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Smoking causes the majority of lung cancers — both in smokers and in people exposed to secondhand smoke. But lung cancer also occurs in people who never smoked and in those who never had prolonged exposure to secondhand smoke. In these cases, there may be no clear cause of lung cancer.

HOW SMOKING CAUSES LUNG CANCER

Doctors believe smoking causes lung cancer by damaging the cells that line the lungs. When you inhale cigarette smoke, which is full of cancer-causing substances (carcinogens), changes in the lung tissue begin almost immediately.

At first your body may be able to repair this damage. But with each repeated exposure, normal cells that line your lungs are increasingly damaged. Over time, the damage causes cells to act abnormally and eventually cancer may develop.

TYPES OF LUNG CANCER

Doctors divide lung cancer into two major types based on the appearance of lung cancer cells under the microscope. Your doctor makes treatment decisions based on which major type of lung cancer you have. The two general types of lung cancer include:

- **Small cell lung cancer.** Small cell lung cancer occurs almost exclusively in heavy smokers and is less common than non-small cell lung cancer.
- **Non-small cell lung cancer.** Non-small cell lung cancer is an umbrella term for several types of lung cancers that behave in a similar way. Non-small cell lung cancers include squamous cell carcinoma, adenocarcinoma and large cell carcinoma.

Risk factors

A number of factors may increase your risk of lung cancer. Some risk factors can be controlled, for instance, by quitting smoking. And other factors can't be controlled, such as your family history. Risk factors for lung cancer include:

- **Smoking.** Your risk of lung cancer increases with the number of cigarettes you smoke each day and the number of years you have smoked. Quitting at any age can significantly lower your risk of developing lung cancer.
- **Exposure to secondhand smoke.** Even if you don't smoke, your risk of lung cancer increases if you're exposed to secondhand smoke.
- **Exposure to radon gas.** Radon is produced by the natural breakdown of uranium in soil, rock and water that eventually becomes part of the air you breathe. Unsafe levels of radon can accumulate in any building, including homes.

Radon testing kits, which can be purchased at home improvement stores, can determine whether levels are safe. If unsafe levels are discovered, remedies are available.

- **Exposure to asbestos and other chemicals.** Workplace exposure to asbestos and other substances known to cause cancer — such as arsenic, chromium and nickel — also can increase your risk of developing lung cancer, especially if you're a smoker.
- **Family history of lung cancer.** People with a parent, sibling or child with lung cancer have an increased risk of the disease. Reference: <http://www.mayoclinic.org/diseases-conditions/lung-cancer/basics/causes/con-20025531>

Worksite Wellness Corner

Tobacco Policy by the American Lung Association

Lung diseases are among the most common and costly of all health problems. Many potential causes of lung disease can be found in the workplace, but with the proper measures can be easily controlled, creating safer and healthier working conditions for all employees.

The American Lung Association offers many resources to help employers adopt and implement workplace policies that support a healthy work environment while providing health education resources to support lung health. Making the decision to focus on improving air quality indoors, providing resources for employees who smoke or are living with a chronic lung disease will curb rising health care costs, help employees adopt healthier lifestyles, and lower the risk of developing costly chronic diseases.

How lung-friendly is your workplace?

- Are chemicals and allergens controlled to ensure the safety of employees while at work?
- Is work-related asthma documented in order to identify trends and address problems in specific industries?
- Is your workplace smokefree?
- Does employee health insurance coverage include a comprehensive plan to ensure access to healthcare services, medications and supplies that keep symptoms under control, while also offering smoking cessation support?

What Employers Can Do

Create a safe & healthy workplace. Let the American Lung Association show you how. The [Guide to Safe & Healthy Workplaces Toolkit](#) includes policy recommendations for addressing lung health in the workplace, along with the implementation strategies, tools and information that can support your efforts.

- Choose [Freedom From Smoking®](#) for your employees for unmatched flexibility and results! *Freedom From Smoking®* has three delivery options: **online**, **telephone counseling** and **in-person clinics**.
- The online option is a self-paced program ideal for off-site employees or smokers who prefer this method of learning.
- [The Lung HelpLine](#) telephone option is staffed by certified counselors who are registered nurses and respiratory therapists with extensive training and experience in smoking cessation programs.
- The in-person clinic option is delivered in a small group setting to give participants personalized attention and the support of their peers. A clinic is eight sessions over a seven week period and includes lectures, group discussion and skill practice.
- Learn more about bringing American Lung Association health education options, such as [Freedom From Smoking®](#) and [Breathe Well, Live Well: An Asthma Management Program for Adults®](#), to your organization. Contact us at workplacewellness@lung.org

Resource: <http://www.lung.org/stop-smoking/workplace-wellness/>

Schools are workplaces too. The American Lung Association has been a leader in providing guidance to schools in order to create healthy indoor environments to keep kids healthy, in school and ready to learn. If you work in a school, be sure to check out the American Lung Association's [Asthma-Friendly Schools Initiative®](#) and our [Guide to Asthma Policy for Housing & Schools](#)