

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

November 2024

November is Lung Cancer Awareness Month



NOVEMBER LUNG CANCER AWARENESS MONTH



Each year, **228,000** Americans are diagnosed and **160,000** die from **lung cancer**.

The use of tobacco products and exposure to second-hand smoke combined represent the #1 cause of preventable deaths in the United States. Smoking harms nearly every organ of the body, causing serious health conditions. **Quitting smoking results in immediate health benefits that increase over time.**

Time from Quitting Smoking



Risk Factors:

- Cigarette, cigar & pipe smoking
- Secondhand smoke
- Family history of lung cancer
- HIV infection
- Environmental exposures such as radiation, radon, asbestos, & air pollution

Prevention:

- Quitting smoking
- Changing lifestyle or eating habits
- Avoiding things known to cause cancer
- Taking medications to treat a precancerous condition or to keep cancer from starting

Three tests are available to screen for lung cancer:

- Low-dose computed tomography (LDCT): A procedure that uses low-dose radiation to make a series of very detailed pictures of areas inside the body using an x-ray machine that scans the body in a spiral path.
- Chest x-ray: An x-ray of the organs and bones inside the chest. An x-ray is a type of energy beam that can go through the body and onto film, making a picture of areas inside the body.
- Sputum cytology: Sputum cytology is a procedure in which a sample of sputum (mucus that is coughed up from the lungs) is viewed under a microscope to check for cancer cells.

<https://smchd.org/tobacco/lung-cancer-awareness-month-flyer/>

<https://www.aacr.org/patients-caregivers/cancer/lung-cancer/lung-cancer-prevention-pdq/>

<https://www.aacr.org/patients-caregivers/cancer/lung-cancer/lung-cancer-screening-pdq/>

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