



September 2017

LUNG CANCER PREVENTION AND EARLY DETECTION:

Lung Cancer is the second most common Cancer in men and women, and is by far the leading cause of Cancer related deaths. The death rate for lung cancer is more than Colon, Breast and Prostate Cancer combined. Unfortunately Lung Cancer is typically at an advanced stage by the time it is found. It's important for the early diagnosis and prevention of Lung Cancer we understand the following according to the American Cancer Society:

Risk Factors:

- **Tobacco Smoke** – Smoking Cigarettes, Cigars and secondhand smoke is by far the leading cause of lung Cancer.
- **Exposure to Radon** – A naturally occurring radioactive gas that results from a breakdown of uranium in soil and rocks.
- **Exposure to Asbestos** – People exposed to large amounts of asbestos have a greater risk of developing Mesothelioma.
- **Exposure to Carcinogens** – Inhaled chemicals such as arsenic, diesel exhaust, coal products, mustard gas and nickel compounds.
- **Air Pollution** – In cities and those who live near highly trafficked roads increases the Lung Cancer risk
- **Family History of Lung Cancer** – It's not clear how much it is genes or living close to those who smoke, but siblings and children of those with Lung Cancer are more susceptible to getting lung Cancer.

Early Detection:

- Symptoms do not typically appear until the disease is at an advanced, non-curable stage. In many cases, if someone does experience symptoms they are likely to mistake them for other problems such as an infection or the effects of long term smoking.
- Doctors are still looking for a good screening test for Lung Cancer, however recently a new screening test called low-dose CT (LDCT) scan can reduce the risk of dying from the disease.
- It is important that you are honest when a provider asks if you are a smoker or if you have smoked within the last 15 years as this can make you eligible for Lung Cancer screening.

Symptoms:

- A cough that does not go away, coughing up blood or rust-colored sputum, chest pain that is often worse with deep breathing, coughing or laughing, hoarseness, weight loss and loss of appetite, shortness of breath, feel weak or tired, new onset wheezing or infections such as bronchitis or pneumonia that won't go away.

WELLNESS HIGHLIGHTS:

- **August** – The Bowling Event was a success! We were so happy to see the Premier families there! To see pictures go the Wellness Board or to G://Documents/Pictures/2017 Bowling Event,
- **September 9th** – The Wellness Committee is partnering with the Community Service Committee for the Tunnel to Towers 5K! We hope to see you there!
- **October** – October is Breast Cancer Awareness Month! More to come about our Wear pink to work day and the Making Strides Against Breast Cancer 5K and Fundraising! We will also be announcing in September which day we will be hosting flu Shots.

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

