

HealthyBy Choice

...One Day at a Time

Volume 15 Issue 11 • November 2020



Lung Cancer Awareness Month

Non-small cell lung cancer (NSCLC) makes up about 80 to 85 percent of all cases. Small-cell lung cancer (SCLC) represents about 15 to 20 percent of lung cancers. SCLC grows and spreads faster than NSCLC. This also makes it more likely to respond to chemotherapy. However, it's also less likely to be cured with treatment.

Symptoms of non-small cell lung cancer and small cell lung cancer are basically the same. Early symptoms may include:

- lingering or worsening cough
- coughing up phlegm or blood
- chest pain that worsens when you breathe deeply, laugh, or cough
- hoarseness
- shortness of breath
- wheezing
- weakness and fatigue
- loss of appetite and weight loss
- You might also have recurrent respiratory infections such as pneumonia or bronchitis.



Anyone can get lung cancer, but 90 percent of lung cancer cases are the result of smoking. That includes cigarettes, cigars, and pipes. Tobacco products contain thousands of toxic substances. Breathing secondhand smoke is also a major risk factor.

From the moment you inhale smoke into your lungs, it starts damaging your lung tissue. The lungs can repair the damage, but continued exposure to smoke makes it increasingly difficult for the lungs to keep up the repair.

Once cells are damaged, they begin to behave abnormally, increasing the likelihood of developing lung cancer. When you stop smoking, you lower your risk of lung cancer over time.

Exposure to radon, a naturally existing radioactive gas, is the second leading cause, according to the American Lung Association. Radon enters buildings through small cracks in the foundation. A simple home test can tell you if the level of radon in your home is hazardous. Smokers who are also exposed to radon have a very high risk of lung cancer.

Other substances can cause lung cancer and sometimes, there is no obvious cause.

Lung Cancer Prevention

- The best way to reduce your risk of lung cancer is not to smoke and to avoid breathing in other people's smoke.
- Avoid exposure to high levels of radon. You can reduce your exposure to radon by having your home tested and treated, if needed.
- A healthy diet with lots of fruits and vegetables may also help reduce your risk of lung cancer. Some evidence suggests that a diet high in fruits and vegetables may help protect both smokers and non-smokers against lung cancer. But any positive effect of fruits and vegetables on lung cancer risk would be much less than the increased risk from smoking.



Breathing...a necessity of life!



HealthyBy Choice

...One Day at a Time



American Diabetes Month

When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, the glucose builds up in your blood and **your body is starved of energy.**

Diabetes increases the risk of serious health problems like:

- Blindness
- Nerve damage
- Kidney disease
- Heart disease
- Stroke



You may be at risk for type 2 diabetes if you:

- Are over age 40
- Are overweight or obese
- Have a parent or sibling with diabetes
- Are African American, Hispanic or Latino, Native American, Alaska Native, Asian American, or Pacific Islander
- Have had gestational diabetes or given birth to a baby who weighed more than 9 pounds
- Have polycystic ovary syndrome (when a woman's ovaries produce more male hormones than usual)
- Have high blood pressure or cholesterol
- Exercise less than 3 times a week
- Have prediabetes

The good news is that you can do a lot to prevent or delay getting type 2 diabetes, including:

- Watching your weight
- Eating healthy
- Staying active

If you have been diagnosed with prediabetes or diabetes, there is help. Visit your doctor and the American Diabetes Association website at <http://www.diabetes.org/> to learn more.



 American Diabetes Association.



Your body takes care of you...take care of it!

