

November 2007

Health & Wellness Information to
Improve Your Condition

HealthSTAT

focus

Lung Cancer Awareness Month

SMOKER'S Lungs



NON-Smoker's Lungs



Lung Cancer Incidence in the United States:

- **TOBACCO USE** is the **LEADING CAUSE** of **LUNG CANCER**
- It is estimated that **351,344** people are **living with lung cancer**.
- In 2007 an estimated **213,380 new cases** will be identified.
- In 2007 an estimated **160,390 deaths** will be caused by lung cancer.
- An estimated **90%** of lung cancer cases are **caused by smoking**. Other causes include; radon, asbestos, and air pollution.
- About **6 out of 10** people diagnosed with lung cancer will **die within a year**. Between **7 and 8 people** will **die within two years**.
- An estimated **\$9.6 billion** is spent on the **treatment of lung cancer each year** in the U.S.
- **Worldwide** there are approximately **1.2 million new cases** reported annually.



Signs & Symptoms:



- "Smoker's cough" that worsens
- Coughing up blood, even if it's 'just a little'
- Chest pain
- Shortness of breath
- New onset of wheezing
- Repeated bouts of pneumonia or bronchitis
- Hoarseness that lasts more than two weeks
- Fatigue
- Loss of appetite
- Weight loss
- Possibly headaches or bone pain if it has spread



PREVENTION:



- **DO NOT SMOKE**
- **AVOID secondhand smoke**. Breathing the smoke of others can be just as dangerous as smoking is.
- **TEST for radon**. Have the radon levels in your home checked, especially if you live in an area where radon is known to be a problem.
- **AVOID carcinogens**. Protect yourself from exposure to toxic chemicals. Your risk of lung damage from these carcinogens is even higher if you smoke.
- **EAT a HEALTHY diet**. Be sure to eat balanced meals each day which include vegetables, fruits, proteins, and whole grains. Refer to MyPyramid.gov for specific guidelines.



Thursday, November 15

The Great American Smokeout



YOU CAN QUIT!
You don't have to quit alone!

This year the American Cancer Society marks the 31st annual **Great American Smokeout**. On this day tobacco users are encouraged to quit smoking starting with this one day. Hundreds, even thousands of Americans mark this day as their quit date each year.



MEN

- *Middle-aged men* who are long-term heavy smokers have **twice the risk** of developing an aggressive form of **prostate cancer** as their peers.
- According to a new study, tobacco may be **responsible for more than 60%** of cancer deaths among **African-American men**.
- According to the *British Medical Journal*, **every cigarette** a man smokes he **shortens his life** by eleven minutes. Every year he smokes **one pack of cigarettes a day**, his life is **shortened by two months**.
- **Cigar smoking is not a safe alternative** to cigarette smoking. A single cigar can contain as much tobacco as an entire pack of cigarettes. Cigar smokers are **four to ten times more likely** to develop laryngeal, oral, and esophageal cancers than non-smokers.



WOMEN

- **Menopause** occurs earlier in **women who smoke**.
- Women who take **oral contraceptives and smoke** are **more likely to develop cardiovascular and cerebrovascular diseases** than are other smokers; **women over 30 should be even more cautious**.
- **Lung cancer is the leading cause of cancer deaths** in women (not breast cancer). Nearly all lung cancer deaths in women are due to smoking.
- Each year **more women die from heart disease** than any other illness. Smoking is a major cause of the disease especially in women younger than age 50. **After one year of being smoke free you can cut your risk of heart disease in half**.
- **Pregnant women who smoke** are more likely to have **stillborn or premature infants or having infants with low birth weight**.

Every year, **Environmental Tobacco Smoke (ETS)** causes up to 300,000 children to suffer from **lower respiratory tract infections**. There is also evidence indicating **ETS increases the risk of coronary heart disease and sudden infant death syndrome (SIDS)**.

HealthSTAT's Tobacco Cessation Program

November is the month of the GREAT AMERICAN SMOKEOUT so we found it appropriate to also feature our TOBACCO CESSATION PROGRAM. This ten session program is designed to help tobacco users quit using tobacco or significantly reduce tobacco use. For more information about this program and other wellness programs available please contact your HealthSTAT account manager.

The **HealthSTAT** Tobacco Cessation Program is designed to assist current tobacco users significantly decrease or eliminate their risk of tobacco-related health consequences by motivating them to eliminate or significantly reduce their use of tobacco. The ten session program includes both structured group activities and individual activities. Both behavioral and pharmacological strategies are used to affect behavior change.

Initial "Kick Off" Session

This session will explain the goals of the program; program components (including the role of the onsite **HealthSTAT** Clinician); the tools the employer will provide participants to aid in quitting or significantly reducing tobacco use; additional incentives given for participating in the program; the length of the program (start and end dates); parameters to determine participant "compliance" in the program; schedule of education sessions; process for formally joining the program; and, distribution of health education materials.

Education Sessions

The five group sessions will reinforce personal goal progress and provide an opportunity for participants in the program to socialize and receive social support for their tobacco cessation/ reduction efforts from other participants. During the sessions, they will gain knowledge about the dangers of tobacco use (the first steps to quitting) benefits of nutrition and exercise, how to deal with stress, and how to deal with relapse.

Individual Counseling Sessions

Conducted by the onsite **HealthSTAT** Clinician, the individual sessions help participants: refine their tobacco cessation/ risk reduction goals; brainstorm ways to overcome barriers to success; and help in establishing and utilizing social support networks to facilitate their behavioral change. As appropriate, prescriptions for tobacco cessation aids are provided and monitored or referrals are made for such tools.

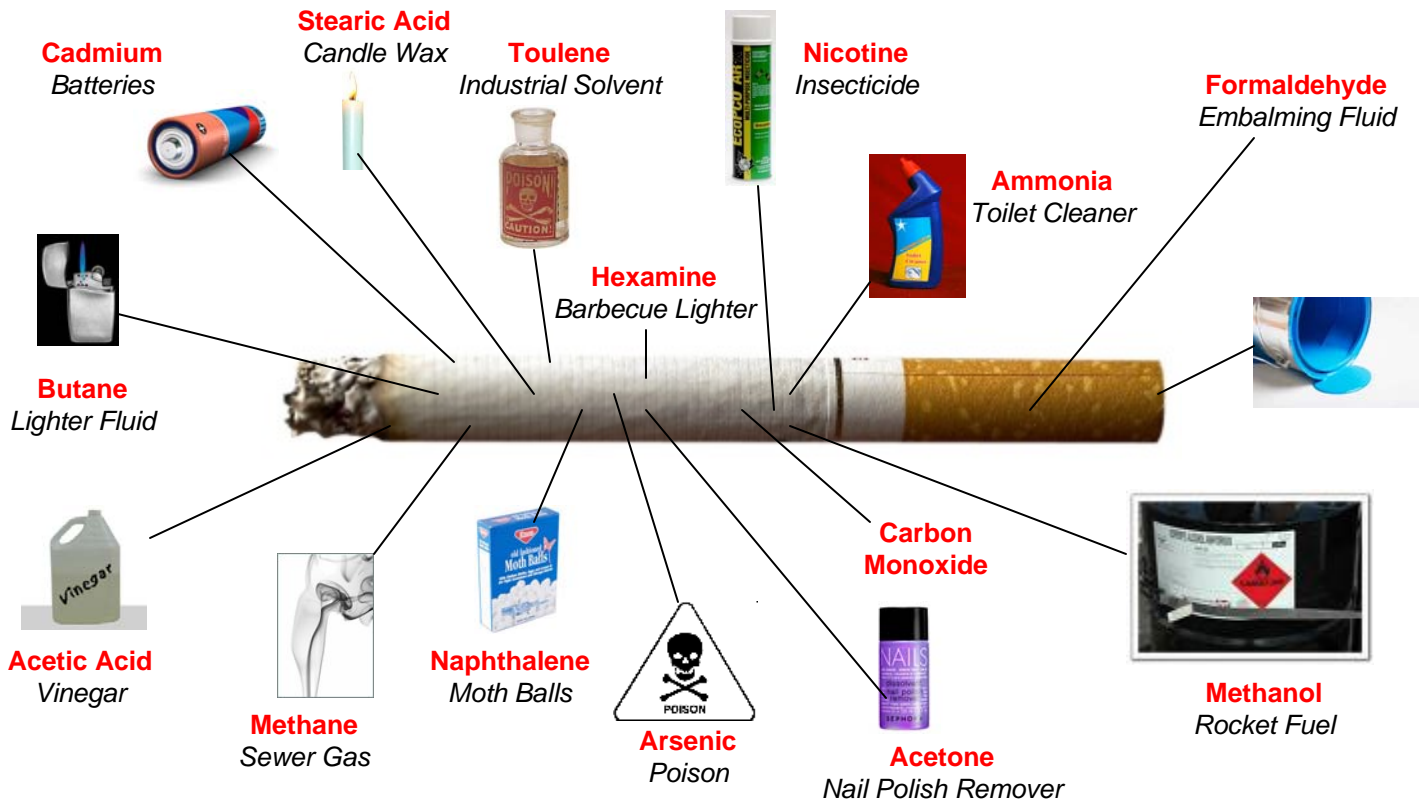
Tobacco Cessation Program: Participant Success Comments

"I never thought I could do it. I've been a smoker for thirty-five years and have never been able to quit. I have been smoke-free for four weeks now. I feel so good!"

"I just want to say that this has changed my life completely. I have been smoke-free for one month, changed my eating habits, and I exercise at least three times a week! I feel like a different man! Thank you for changing my life!"

"I've dipped for twenty-five years, and I have been quit now for three weeks. I also joined a gym. I can feel the difference already!"

WHAT ARE YOU SMOKING???



TOBACCO IS THE ONLY LEGAL PRODUCT IN THE U.S. THAT, WHEN USED AS DIRECTED, WILL KILL YOU!

HealthSTAT

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

4601 Charlotte Park Drive
Suite 390
Charlotte, NC 28217
(704) 529-6161

Prepared & Reviewed by:

Julie Ham,
Wellness Coordinator
&
Eric Hart, MD
Chief Medical Officer

If you have comments questions or suggestions for the newsletter, please send them to:
julie.ham@healthstatinc.com

How much **\$\$\$MONEY\$\$**
are you spending on **TOBACCO??**

It's an **expensive** habit...

On average a pack of cigarettes cost \$4.55 per pack.



If you smoke one pack of cigarettes **every day for a week** you will spend:
\$31.85

If you smoke one pack of cigarettes a day for **one year** you will spend:
\$1656.20

If you smoke one pack of cigarettes a day for **ten years** you will spend:
\$16,562.00

"The unfortunate thing about this world is that the good habits are much easier to give up than the bad ones."

- Somerset Maugham