



National Lung Health Month

Have you ever thought about what your life would be like if you could not take a good breath? After all, it is the most necessary thing we do to live. Every single action we do depends on it.

FAST FACT

During a normal day, we breathe nearly **25,000** times.

Air pollutants like tobacco smoke, auto emissions and other toxins interfere with the breathing process. This affects the lungs' ability to protect our bodies from diseases like asthma, chronic obstructive pulmonary disease (COPD), emphysema and lung cancer.

According to the Surgeon General's Report on Smoking and Health, tobacco use remains the leading **preventable** cause of disease, disability and death in the United States. It is the primary link to lung cancer and one of the major causes of heart disease and stroke, as well as a variety of other cancers affecting almost every organ in the body.

FAST FACT

Lung cancer causes approximately **30%** of all cancer deaths in South Carolina, more than any other cancer.

Although cigarette smoking rates in South Carolina have continued to decrease in the past few decades, more than 23 percent of adults over 18 currently smoke cigarettes, ranking 40th nationwide in 2011.



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REDUCE YOUR RISKS

Don't smoke. Smoking causes about 90 percent of lung cancer deaths in men and almost 80 percent of lung cancer deaths in women in the United States. By far, the best way prevent lung disease is to **not** smoke. And if you do smoke, quit! If not for yourself, for your family. As a South Carolinian, you have free access to the S.C. Tobacco Quitline, a comprehensive tobacco treatment service featuring phone and Internet counseling. Call 1-800-QUIT-NOW to get started today.

Avoid secondhand smoke. Smoke from other people's cigarettes, pipes or cigars is called secondhand smoke. Create a tobacco-free environment by making your home and car smoke-free and not using smokeless products.

Be careful at work. Health and safety guidelines in the workplace can help workers avoid carcinogens—things that can cause cancer.

Get screened. Annual lung cancer screenings have been proven to save lives by detecting lung cancer early when it is easier to treat. Screening is recommended for people between 55 and 80 who have smoked at least one pack per day for 30 years and people who still smoke or recently quit within the past 15 years. If you are in any one of these categories, don't let fear or finances stop you from a life-saving screening.

MORE INFORMATION:

American Lung Association | www.whathealth.com

American Cancer Society | www.cancer.org

Centers for Disease Prevention and Control | www.cdc.gov

SC Dept. of Health & Environmental Control | www.scdhec.gov



Hold Out the Lifeline: A Mission to Families

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