



# HEALTH CORNER

## November 2014

### *Did you know?*

November is Lung Cancer Awareness Month and the Great American Smokeout.

More people die from lung cancer than any other type of cancer. Despite this alarming statistic, lung cancer is one of the most preventable types of cancers. To learn more, go to the American Cancer Society web site, <http://www.cancer.org/index> and [www.cancer.gov](http://www.cancer.gov) for a wealth of information on ways to lower your risk for cancer or find it early.

The American Cancer Society is marking the 36th Great American Smokeout on November 17 encouraging smokers to use the date to make a plan to quit or to quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

In addition to improving your own health, quitting smoking reduces the risk of severe asthma attacks, respiratory infections, and ear infections of those who live in the home.

**HAVE A SAFE AND HEALTHY November**