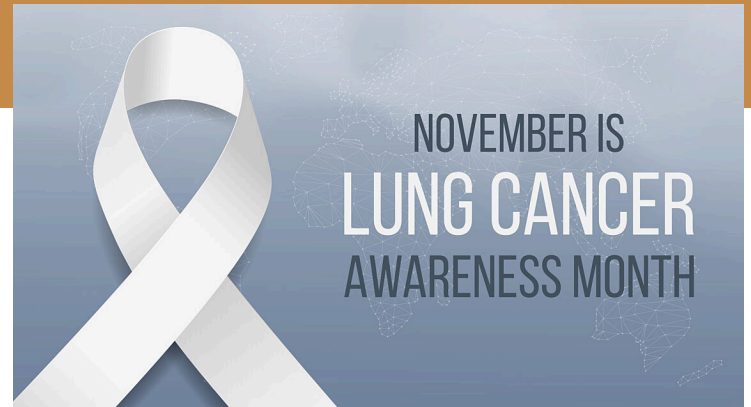




# Pennington & Red Lake Counties Wellness Newsletter

## November 2024



## Lung Cancer Awareness Month

Lung cancer is the most common cause of cancer death in the United States for both men and women. More men die of lung cancer than the next two most deadly types of cancer for men (prostate and colorectal) combined. More women die of lung cancer (an estimated 59,280 deaths in 2024) than breast cancer (an estimated 42,250).

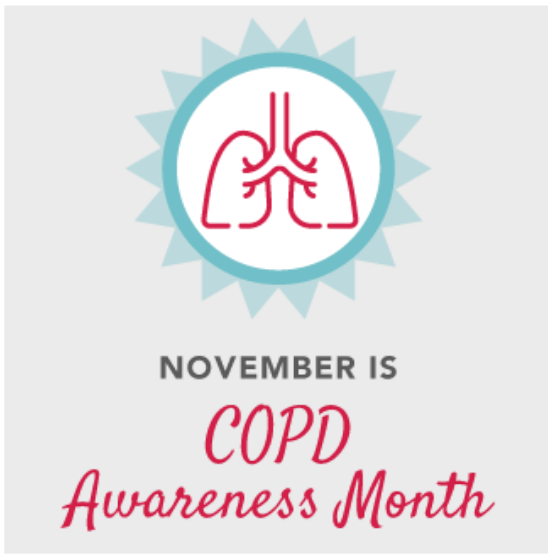
Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes 80% to 90% of lung cancer deaths, according to experts. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.

The U.S. government recommends annual screening with low-dose CT scan in adults aged 50 to 80 who have a 20-pack-year smoking history and currently smoke or stopped smoking within the past 15 years. Specifically, a pack-year is the number of packs of cigarettes smoked per day times the number of years smoking. Thus, someone who smoked one pack per day for 20 years has a 20-pack-year smoking history.

### **Steps you can take to reduce your risk for lung cancer include:**

- \*Don't smoke
- \*Quit smoking if you do smoke
- \*Get your home tested for radon
- \*Follow health and safety guidelines to avoid carcinogens (things that can cause cancer) at home and at work

# Parenting Tips for Fall



In 2021, COPD was the 4th leading cause of death globally and the 6th leading cause of death in the United States. Millions remain undiagnosed and unaware that they have the disease.

COPD is (currently) incurable, but with the right diagnosis and treatment, there are many things you can do to breathe better, enjoy life, and live for many years.

## What is COPD?

COPD, or chronic obstructive pulmonary disease, is a term used to describe chronic lung diseases, that include emphysema, and chronic bronchitis. The overarching symptom is difficulty breathing.

Some people with COPD also experience tiredness and chronic cough with or without mucus.

For more information visit [www.copdfoundation.org](http://www.copdfoundation.org)

## 1. Dress Children in Bright-Colored Clothing

With daylight growing shorter, kids still like to play outside on warm evenings. Dress children in bright-colored clothing and sneakers or apply reflective tape to clothing so drivers can easily spot kids.

## 2. Leaf Piles Present Hidden Dangers

Kids may want to help rake leaves, so it's important to keep sharp, dangerous tools stored away and out of sight of children. Leaves can also carry various molds, bugs, and critters, so monitor children when they play in leaf piles.

## 3. Teach Children The Importance of Handwashing

Children should wash their hands often to avoid getting sick and spreading germs.

Make it a habit for children to wash their hands:

- ~ Before eating
- ~ After using the bathroom
- ~ After touching animals, including family pets
- ~ Before and after visiting sick friends or relatives
- ~ After coughing or sneezing
- ~ After playing outside

## 4. Instant Soups Account for 1 in 5 Pediatric ER Visits Each Year

Avoid pediatric burns by always checking the temperature of hot soup, water, and cider before serving to children. Most burns come from children pulling soup down from the microwave themselves. Other reasons include uncoordinated walking while holding a soup and hot beverages and spilling hot soups while eating.

## 5. Dress Children in Weather-Appropriate Clothing to Avoid Sickness and the Common Cold.

Choose light layers and remove damp clothing immediately. Because evenings are chillier than sunny afternoons, make it a habit to pack a sweatshirt or light jacket in your child's backpack.



218-681-0876 TRF  
[www.pennredlakecopublichealth.com](http://www.pennredlakecopublichealth.com)