

WHAT THE HEALTH!?

Lung Cancer Awareness Month

November is Lung Cancer Awareness Month. Lung cancer is the leading cause of cancer deaths in Tioga County. While smoking is the leading cause of lung cancer in the United States, the second leading cause of lung cancer is radon!



Smoking

Cigarette smoking is number one risk factor for lung cancer. While not all lung cancer is associated with smoking, 85%- 90% of cases are attributed to smoking. Smoking not only affects those who smoke, but it also can cause harm to those around them!



Secondhand smoke

Being exposed to smoke from other people's cigarettes, pipes, or cigars can also cause lung cancer. In 2014, 14 million children in the US were exposed to secondhand smoke, increasing their chances of developing lung cancer later in life. It can also increase their risk for serious health problems now like ear infections, colds, and respiratory problems.

What can you do?

If you are a smoker, QUIT! Contact the NYS Smokers' Quitline at 1-866-NY-QUITS to see how they can help you. If you no longer smoke, but did smoke for a period of time, speak with your health care provider about being screened for lung cancer.

Radon

What is Radon?

Radon is a colorless, odorless, and invisible gas that is produced by the natural decay of uranium that is found in nearly all soils. It is a health hazard when there are elevated levels of it in your home. Exposure to radon over long periods of time can lead to lung cancer. Radon is the second leading cause of lung cancer in the United States behind smoking, killing around 21,000 Americans each year.

Where does Radon Come From?

Radon comes from the ground, and if your house has cracks in the foundation, this gas can get into your home and put your family at risk!

What can you do?

Have a test done to check for radon in your home. Tioga County is in the Top 5 counties with the highest levels of radon across New York State! Call Tioga County Public Health at 687-8600 for your free radon test!



WHO'S AT RISK

for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less than 3 times/week



Family history of type 2 diabetes



High blood pressure



History of gestational diabetes*



Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

Rabies Vaccination Clinic:

Thursday, November 21st
from 6 - 8pm at
the Campville
Fire Station

Don't forget to
Pre-Register:
www.health.ny.gov/go2clinic/54

DID YOU KNOW...

African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.



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Public Health
Prevent. Promote. Protect.

Tioga County