

Health Update

PLEDGE TO BE SMOKE-FREE! **NOVEMBER IS LUNG CANCER AWARENESS MONTH**

Lung cancer is the leading cause of death in the United States, claiming more lives than colon, breast and prostate cancer combined. Unfortunately, the disease is often silent in its early stages and not found until it has spread, making it difficult to cure. But there is a bright side: most lung cancers are preventable.

According to the U.S. Centers for Disease Control and Prevention, between 80 and 90 percent of lung cancers are linked to cigarette smoking. Therefore, the most effective way to lower your lung cancer risk is to avoid smoking and secondhand smoke.

Say “no” to tobacco! While it’s best not to smoke in the first place, it’s never too late to quit. Your body begins to recover within minutes of your last cigarette. The sooner you stop smoking, the faster you decrease your chance for developing lung cancer and other diseases.



Did you know that secondhand smoke is just as dangerous to your health? When you and your children inhale smoke from another person’s cigarette, cigar or pipe, you’re exposed to the same toxic chemicals, which can cause cancer, heart disease, asthma and other respiratory illnesses. With that in mind, 51 municipalities in Monmouth and Ocean Counties have enacted outdoor smoke-free ordinances to protect community residents. Your town can also go smoke-free in your parks and recreational areas. Ask Deb – dlevinson.omha@gmail.com



Go smoke-free today! To learn more about smoking cessation contact the NJCEED (Cancer Education Early Detection) program.

NJCEED Monmouth County: 732-933-3952

NJCEED Ocean County: 732-557-3202 (English) 732-557-3207 (Spanish)