



Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death worldwide.
1 in 16 men and 1 in 17 women will be diagnosed with lung cancer in their lifetime.

Causes of Lung Cancer

- Smoking is the leading risk factor for lung cancer, responsible for 80% of lung cancer deaths.
- Exposure to radon gas is the 2nd leading risk factor of lung cancer.
- Second hand smoke
- Asbestos
- Certain metals (arsenic, chromium, cadmium)
- Radiation
- Air pollution
- Diesel exhaust

Family history and genetic factors play a role in development of lung cancer.

Symptoms of Lung Cancer

- B:** Blood when you cough or spit
- R:** Recurring respiratory infections
- E:** Enduring cough, that is new or different
- A:** Ache or pain in shoulder, chest or back
- T:** Trouble breathing
- H:** Hoarseness or wheezing
- E:** Exhaustion, weakness or loss of appetite

Reduce your risk

If you smoke, get the help you need to quit.
Visit: [NYSmokeFree.com](https://www.nysmokefree.com)
Text: "QUITNOW" to 333888
Call: 1-866-NY-QUITS



IN THIS ISSUE

Lung Cancer Awareness.....	1
Men’s Health Month.....	2
The Great American Smokeout.....	2
GERD Awareness Month.....	3
Carbon Monoxide Awareness.....	3
Diabetes Awareness Month	4
Food Safety for the Holidays.....	4
AMR Awareness.....	4
Winter Safety.....	5
Family Caregivers Month.....	5

Men's Health Awareness

Men die on average 4.9 years earlier than women and for reasons that are largely preventable, which means it doesn't have to be that way. Here's five ways you can give yourself the best chance at living a healthy and long life.

1. **Spend time with people who make you feel good.** Stay connected with your friends and family, spending time with them is good for you. Catch up regularly, check in and make time. Get support and give support.
2. **Talk, more.** You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life saving. Men sometimes aren't comfortable reaching out and opening up about life's challenges. You can't fix someone else's problems, but you can be there for them. Reach out and start the conversations, for yourself and for those you care about.
3. **Know the numbers.** At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. Prostate cancer is the most common cancer in men over 45. But there's a lot you can do. Just by knowing some important facts about risk - and knowing when to take action. Remember: early detection is key. Don't forget to ask about colorectal cancer screenings too! For more information about different cancers, visit www.cancer.org.
4. **Check your pair.** Testicular cancer is the #1 cancer in younger guys. But good news: it's highly curable when caught early. Get to know what's normal. what's not and when to take action. If you find something unusual, talk to your doctor.
5. **Move, more.** Add more activity to your day. Do more of what makes you feel good. Go for a walk. Take the stairs. Try a new activity.



Men's mental health matters: Break the stigma and get help.

Nearly 1 in 10 men experience depression or anxiety, but less than half receive treatment. Men die by suicide four times more often than women. Learn the warning signs and know when to get help. **If you or someone you know is struggling or in crisis, help is available. Call or text 988.** For more information about mental health visits www.samhsa.gov.



The Great American Smokeout

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life!

Visit cancer.org to help plan your quit day and for more information on the Great American Smokeout

You've joined thousands across the nation in your journey to quit smoking. Together, we can do it.



American Cancer Society GREAT AMERICAN SMOKEOUT

Join the Great American Smokeout on the **third Thursday in November to start your smoke-free journey.**

GERD Awareness Month

Gastroesophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach, called the esophagus. This backwash can irritate the lining of the esophagus, causing discomfort.

Many people experience acid reflux from time to time, but when it happens repeatedly over time, it is known as GERD. Most people are able to manage the discomfort of GERD with lifestyle changes and medication. It is uncommon, but some may require surgery to ease symptoms.

Common signs and symptoms

- Heartburn
- Difficulty swallowing or the sensation of a lump in your throat
- Chest or upper abdominal pain
- Coughing, choking, wheezing
- Sore throat
- Sour taste in mouth
- Hiccups
- Hoarse sounding or changing voice
- Belching or excessive burping



Causes

GERD is caused by frequent acid reflux. When you swallow, a circular band of muscle around the bottom of your esophagus relaxes to allow food and liquid to flow into your stomach. The band then closes again. If the band does not relax as it should, stomach acid can flow back into your esophagus. This constant backwash of acid irritates the lining of your esophagus, causing inflammation.

Risk Factors

Factors that increase risk of GERD include:

- Obesity
- Hiatal hernia- upper part of the stomach is trapped by the diaphragm
- Pregnancy
- Smoking
- Large meals or meals before sleeping
- Certain foods and drinks
- Some medications

Complications

Over time, constant irritation by stomach acid can cause

- Inflammation of the esophagus, breakdown of tissue, bleeding, and ulcers. This causes pain and difficulty swallowing
- Scar tissue formation in the esophagus causing narrowing. This narrow pathway can lead to difficulty and pain with swallowing
- Damage to the esophagus can cause precancerous changes to the cells. This is called Barrett's Esophagus. This is associated with an increased risk of esophageal cancer.

You should **always** talk to your doctor if you are experiencing symptoms or have questions about GERD.

Carbon Monoxide

Colder temperatures lead to an increased threat of carbon monoxide (CO), which kills more people in the winter months than any other time of year.

CO sources include, but are not limited to, heaters, furnaces, appliances or cooking sources using coal, wood, petroleum products or other fuels. Attached garages with doors, ductwork, or ventilation shafts connected to a living space are also sources of CO. Often called "the silent killer," CO is a colorless and odorless gas that is impossible to detect without an alarm.

CO poisoning is difficult to diagnose, often until it is too late. The symptoms mimic those of many other illnesses including nausea, headaches, dizziness, weakness, chest pain, and vomiting. In more severe cases, people may experience disorientation or unconsciousness, or suffer long-term neurological disabilities, cardiorespiratory failure or death.

Protect you and your family against CO poisoning:

- Install and test CO alarms
- Have fuel-burning appliances inspected regularly - furnaces, stoves, fireplaces, clothes dryers, water heaters, and space heaters
- Run kitchen vents or exhaust fans anytime the stove is in use
- Never use generators indoors
- Be mindful of the garage
- Know who to call if a CO alarm sounds - 911!

November is Diabetes Awareness Month

Diabetes is a condition that happens when blood sugar is too high due to insulin problems. The main types of diabetes include-

- **Type 1 Diabetes** - body makes little to no insulin. (occurs in children or young adults).
- **Type 2 Diabetes**-body does not use insulin properly.(most common type of diabetes).
- **Gestational Diabetes** - develops during pregnancy, and goes away after baby is born.

WHAT SHOULD BE YOUR IDEAL BLOOD SUGAR LEVEL?

- A Fasting blood sugar level **less than 100 mg/dl** is **normal**.
- A fasting blood sugar level from **100- 125 mg/ dl** is **considered prediabetes**.
- **If its 126 mg/ dl or higher on two separate tests, you have diabetes.**
- **Fasting A1C or glycated hemoglobin test** shows your average blood sugar level from past 2-3 months. it measures the % of blood sugar attached to hemoglobin.
Below 5.7% is normal.
5.7%-6.4% is Prediabetes.
6.5%or higher on two separate tests mean you have diabetes.



Food Safety Tips for Healthy Holidays

This holiday season, follow these safe food-handling practices to help prevent foodborne illnesses.



1. **Clean:** Wash hands and food-contact surfaces often
2. **Separate:** Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked
3. **Cook:** Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature
4. **Chill:** Harmful bacteria grow rapidly at room temperature so be sure to refrigerate foods within two hours. Never defrost at room temperature, defrost safely in the refrigerator, under cold running water, or in the microwave

AMR Awareness Week

Antimicrobial Resistance (AMR) occurs when bacteria, viruses, fungi and parasites no longer respond to antimicrobial agents. As a result of drug resistance, antibiotics and other antimicrobial agents become ineffective and infections become difficult or impossible to treat, increasing the risk of disease spread, severe illness and death. Everyone has a role in fighting antimicrobial resistance

What causes AMR?

AMR happens naturally over time but certain things make it worse. Some examples include antibiotic overuse, not finishing your medication, using antibiotics in animals and agriculture, global travel and spread.

Working together, through a One Health approach, we must improve the global prescribing and use of antibiotic and antifungal drugs and invest in global infection prevention actions across human health, animal health, plant health, and the environment (for example soil and water) to protect the health and lives of Americans.

What can you do?

- Use antibiotics wisely: see health care professionals for diagnosis, do not self-medicate, follow treatment directions
- Stay healthy: wash your hands, get vaccinated, prepare food properly
- Raise awareness
- If you are sick, stay home



Healthy habits **can protect you from infections and help stop germs from spreading.**

Winter Is Coming

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights.

Generator Safety

Generators can be helpful when the power goes out. It is important to know how use them safely to prevent carbon monoxide (CO) poisoning and other hazards.

- Generators and fuel should always be used outdoors and at least 20 feet away from windows, doors and attached garages.
- Install working carbon monoxide detectors on every level of your home. Carbon monoxide is a colorless, odorless gas that can kill you, your family and pets.
- Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electrical shock.
- Always connect the generator to appliances with heavy-duty extension cords.
- Let the generator cool before refueling. Fuel spilled on hot engine parts can ignite.
- Follow manufacturer's instructions carefully.

WINTERIZE Your Home



Your home isn't the only one that can be winterized.
Your neighbors and those most vulnerable might need your help too!

weather.gov



WINTER DRIVING KNOW BEFORE YOU GO

Check road conditions.

Call 511 or visit your state's DOT webpage to check on road conditions. Choose a different route or adjust your travel plans if road conditions are poor.

Pack an emergency supply kit.

Stock your vehicle with a mobile phone, charger, batteries, blankets, flashlight, first-aid kit, high-calorie, non-perishable food, candle to melt snow for drinking water, sack of sand or cat litter for traction, shovel, scraper, and battery booster cables.

Get the weather forecast.

Change your travel plans if hazardous weather is expected.

Ready your vehicle.

Check your battery, wipers, coolant, and other systems affected by cold temperature. Make sure your tires have good tread. Clear snow, ice or dirt from your windows, lights and camera.

National Family Caregivers Month

Family caregivers are the backbone of our healthcare system. They provide billions of hours of unpaid care every year, often balancing work, family life, and personal health challenges along the way. By recognizing National Family Caregivers Month, we shine a light on their experiences and provide a direct pathway to the resources, community, and support they deserve.

Tips for Family Caregivers

- Seek support from others
- Take care of your own health
- Accept offers of help
- Take respite breaks often
- Be open to change and stay organized

You are not alone!

The goal this National Family Caregivers Month and beyond is to empower caregivers with easy access to the right tools, support, and community—helping them go from overwhelmed or uninformed to connected.

Visit the [Caregiver Action Network's](#) website for more information and resources.

