

Hancock Health & Wellness

Hancock County Health Coalition

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Are You At Risk for Developing Lung Cancer?

If you are a current or former smoker, have been exposed to [asbestos](#), [radon](#), other [environmental factors](#), [secondhand smoke](#), or have a family member who developed lung cancer but who did not have those risk factors, then you may be at increased risk of developing lung cancer.

If you are at risk of developing lung cancer, the most important thing you can do is to quit smoking (if you smoke). Because smoking can cause cancers other than lung cancer, such as cancers of the esophagus, pancreas, larynx, bladder, and others, stopping smoking will reduce your risk of developing those cancers, too. Research shows that

smoking cessation has many benefits that are apparent soon after quitting, such as lowered blood pressure and increased lung capacity. Depending on how long and how much you smoked, quitting may not completely erase your risk of developing lung cancer, but it will definitely reduce the risk.

Because [environmental factors](#) other than smoking can increase your risk of lung cancer, it is important to reduce or eliminate those factors. Examples of environmental factors include asbestos, radon, and secondhand smoke. If you have been exposed to asbestos or radon, you can take steps to decrease or eliminate those exposures.



November is
Lung Cancer
Awareness &
Diabetes
Awareness Month

Inside this issue:

Lung Cancer Risks (continued)	2
Hospice of Western KY	2
Diabetes Symptoms	3
Diabetes Reactions	3
Diabetes Control	3
Upcoming Events	4

When Smokers Quit – What Are the Benefits After Quitting?

20 min.: Heart rate and blood pressure drop.

12 hours: Carbon monoxide level in blood drops to normal.

2 weeks-3 months: Circulation improves and lung function increases.

1 to 9 months: Coughing & shortness of breath

decrease; lungs regain normal function increasing the ability to handle mucus, clean the lungs, & reduce the risk of infection.

1 year: Excess risk of coronary heart disease is half that of a smoker's.

5 years: Stroke risk is reduced to that of a non-

smoker 5-15 years after quitting.

10 years: Lung cancer death rate is about half that of a continuing smoker's. Risk of mouth, throat, esophageal, bladder, cervix, and pancreatic cancer decrease.

Register for a the ABC's of Diabetic Care

- Thursday, December 2nd
- 6:00 - 7:30 p.m.
- Central Baptist Church
- To Register: Call Pam at 927-9063 or send an email to ramseypam@att.net

Are You at Risk for Developing Lung Cancer? (cont'd from page 1)

Also, if you are at risk of developing lung cancer, talk with your doctor about research on [screening techniques](#). Screening is a controversial topic, yet research is underway on new imaging techniques and identifying molecular markers, so it's a good idea to speak with your physician.

Researchers are looking into the use of [chemoprevention agents](#),

including certain vitamins, to see if they can help reduce a person's risk of developing lung cancer and also to reduce the chance that the cancer will recur, or come back. To date, no chemopreventive agent has shown success in doing so, and in [one instance](#), research showed the addition of the chemoprevention agent (b-carotene) might have increased the risk of developing lung cancer. If

you are thinking of taking high doses of specific vitamins or minerals, or a combination of them, you should consult your healthcare provider. If you are concerned that you may not be getting enough vitamins and minerals, talk to a dietitian about your diet and ways to increase your nutrient intake by consuming a varied diet that includes vitamin-rich colorful fruits and vegetables. (Article taken from [lungcancer.org](#))

The Helping Hands of Hospice of Western Kentucky

Hospice of Western Kentucky serves Daviess, Hancock, Hopkins and Muhlenberg Counties. Call 1-800-466-5348.

Since 1978 Hospice of Western Kentucky has maintained its goal of 'enabling patients to continue an alert, pain-free life and to manage other symptoms so that their last days may be spent with dignity and quality, surrounded by their loved ones.' Hospice care

includes: nursing services, psycho-social services, spiritual care, bereavement care (for the family during the illness and in the first 13 months after the loss – *free of charge*), durable medical equipment care, prescription drug care, and hospitalization care. All hospice services are

provided as a Medicare Hospice or Medicaid Hospice Benefit, through private insurance companies or private pay. However, it is important to note that hospice care is provided regardless of one's ability to pay.

Who might be a candidate for Hospice Care?

Hospice is appropriate for 'anyone with any kind of illness, where in the normal progression of the illness, the patient is expected to live 6 months or less.' If a patient does not wish to

aggressively treat their illness, he/she is also a candidate for hospice care. However, it is necessary to have a physician sign the order to begin care.

Hospice care is not

exclusively for terminal cancer patients. Less than half of the patients served have cancer. Illnesses can also include heart, lung, and kidney disease and dementia.

Diabetes – Type 1 & Type 2 Often Share the Same Symptoms

November is Diabetes Awareness Month. Type 1 diabetes is sometimes known as Juvenile Diabetes. Type 2, known as Adult-Onset Diabetes accounts for 90-95% of all diagnosed cases of diabetes in adults.

Sometimes the symptoms of Type 1 diabetes may appear harmless. You are very tired and

irritable, even though you've lost weight and don't need your fat pants any more. This weight loss occurs despite the fact that you're always hungry and always thirsty. Which leads to another symptom: always having to go to the bathroom.

Type 2 Diabetics can exhibit any of these symptoms with the additional issues of frequent

infections, especially recurring skin, gum, and bladder infections. Then, there's that pesky cut or bruise that just refuses to heal. Add to all these the blurred vision you dealt with when you were driving last week and the tingling in your hands and feet, and your Type 2 diabetic fears are complete. Or you might not have any symptoms at all.

Diabetes Diagnosis? Let Your Action Be A Good Reaction!

If you're one of the nearly 24 million people (or almost 8% of the population) who has been diagnosed with Type 2 diabetes, you may experience some of the same reactions of others who were recently diagnosed. These responses often include: Denial, because you just don't want to face this life-changing diagnosis; Guilt, because you think your

lifestyle may have contributed to the disease; and Anger, because you have to face what this means for the rest of your life.

The website diabetes.org recommends that you first acknowledge the fact that diabetes is manageable. The adjustments to your life are not always convenient, but with some effort and help from experts, you

can manage the disease and still follow all your dreams and passions. The key is to stay positive and learn to laugh. Although there is nothing funny about diabetes, a little humor may help you see things from a different perspective, not to mention the fact that laughing can actually lower your blood glucose levels!

You Are More Than Diabetes!

The American Diabetes Association promotes that “*you are more than diabetes. Diabetes does not define you; it's just a small part of your complex being. When it comes to*

diabetes, your treatment plan should start with your commitment to being mentally prepared.” Learn about the latest medical therapies and examine how to make healthy lifestyle

choices. Communicate with your doctor, measure blood glucose levels, and utilize the latest tools and strategies to control diabetes so it does not control you.

Hancock County Health Coalition

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The Hancock County Health Coalition was formed in January of 2009 to raise awareness about health issues in our community. We have sponsored or collaborated with other agencies to provide the following events and activities since that time:

- * 2009 and 2010 Heart Health Luncheons
- * 2010 Colon Cancer Awareness Luncheon
- * 2010 Stroke Awareness Ladies' Tea
- * 2009 and 2010 Longest Day of Play
- * 2009 and 2010 Back to School Bash
- * 2010 Breast Cancer Awareness Lunch & Learn
- * 2010 2nd Sunday Breast Cancer Awareness 5K Run/Walk
- * Pink Out Breast Cancer Awareness Football Game
- * 2010 Breast Cancer Awareness Survivors' Dinner
- * World's Greatest Baby Shower

Our future plans include:

- * ABC's of Diabetic Care for Patients and Caregivers – December 2, 2010
- * Prostate Cancer Awareness Breakfast – December 17, 2010
- * "We Can@" 3 Parent Fitness & Nutrition Classes – Winter 2010
- * "We Can@" Student Fitness & Nutrition Classes – Winter 2010
- * Development of a Youth Health Council – Late Fall 2010

The Hancock County Health Coalition also publishes weekly articles in the Hancock Clarion which reaches approximately 3,000 households.

"Raising Awareness for a Bright Future"



Upcoming Events - Hancock County Health/Partners Coalition

The ABC's of Diabetic Care

Join us at Central Baptist Church at the corner of Hwy 60 and 271N on **Thursday, December 2nd at 6:00 p.m.** for a presentation by Nancy Walker, RD, LD, CDE, of the Green River District Health Department's Daviess Co. Diabetes Coalition. The EMT Association of Hancock County will be conducting blood glucose checks, snack samples will be available, and you will have a chance to win a door prize. To register, call Pam at 927-9063, or email ramseypam@att.net.

Prostate Cancer Awareness Breakfast

Join us on Friday, December 17th at 9:00 a.m. for a healthy breakfast and a presentation by Jennifer Schrader, Registered Dietician, of Ohio County Hospital, and a survivors' testimony from Tom Myers, Bailiff for Hancock County's Judicial System.

You may register by calling Pam at 927-9063, or by emailing ramseypam@att.net.

Cooper Clayton Smoking Cessation Classes

The Hancock County Partners Coalition is planning a class in January for anyone wanting to become a non-smoker. The program utilizes smoking cessation products combined with a support group approach to help individuals kick the habit.

You may register by calling Holly at 927-8066 or Pam at 927-9063, or by emailing partners@hancockky.us.