

# Learn About Lung Health

## Lung Health

The purpose of the Lung Information For Everyone (L.I.F.E.) program is to increase the quality and cost-effectiveness for lung cancer patient care in rural Oregon.

### LUNG INFORMATION FOR EVERYONE (L.I.F.E)

The Community Cancer Center is breathing new life into lung care by taking steps to implement lung health education throughout the Douglas County community. This includes easier access to lung health resources and targeted nicotine awareness and tobacco education for youth ages six - fourteen. We also work to build strong partnerships between the medical community and the public in an effort to increase awareness and promote advocacy for better lung health.

Together, we are helping to improve everyone's well-being and transform lung care.

Lung cancer is so prevalent that a new person is diagnosed with the disease every two minutes, and twice as many women die from lung cancer each year as die from breast cancer.

### Fast Facts:

- You don't need to be a smoker to get Lung Cancer
- Early stage Lung Cancer may show no symptoms

The most important thing to know about lung cancer is that early in the disease it often produces no signs or symptoms at all. That is why it is critical to get screened as soon as possible if you are at risk. In some patients, certain symptoms may appear that indicate the potential presence of lung cancer:

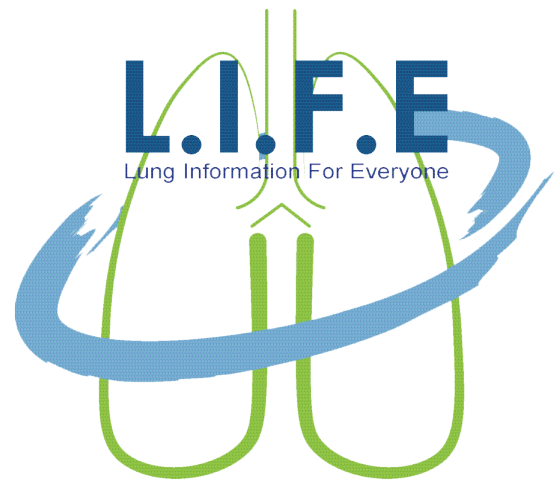
- Chronic cough
- Shortness of breath
- Chest pain
- Coughing up blood
- Hoarse voice
- Chronic fatigue
- Headaches
- Painful lumps

Remember; don't wait for symptoms to appear. If you have one or more risk factors in the Lung Cancer Screening Criteria, please contact your health care provider.

### Lung Cancer Screening Resources

Today the most common way to screen for lung cancer is with a low-dose CT (Computed Tomography) scan. The CT machine takes a detailed picture of your lungs that helps your physician locate anything abnormal. The scan takes less than 30 seconds and can detect extremely small nodules – which means cancer can be found in its earliest stages when it's most treatable.

For more information on lung cancer screening we encourage you to visit with your healthcare provider.



# L.I.F.E. OUTREACH EDUCATIONAL PROGRAMMING

**Nicotine Awareness | Tobacco Education ( N.A.T.E.)** For Our Youth ages 6 - 14



N.A.T.E. Jr - (Target age group is youth 6-10 yrs) – The N.A.T.E. Jr. Programs are designed follow the N.A.T.E. program and used as a peer-to-peer educational opportunity. This program is under development and in collaboration with other youth focused organizations in our community.

N.A.T.E. is one of the three Community Cancer Center's youth focused Nicotine Awareness and Tobacco Education outreach programs. The goal of N.A.T.E. is to reach out to an easily influential segment of the pre-teen population in Douglas County and provide awareness of the risks of nicotine use and tobacco education. The target age group is youth 11-14 years.

The five week N.A.T.E program introduces participants to understanding what nicotine is and the health risks of nicotine use, educates on the many forms of tobacco, and the targeted marketing today's youth are influenced by in their everyday lives. Whether it is peer pressure, communication gaps or lack of knowing, N.A.T.E. provides the tools and resources to overcome these obstacles and learn to "Be Smart - Don't Start!"

The N.A.T.E. program is an opportunity for the Community Cancer Center to invest in youth awareness of nicotine and tobacco use. The program is also a positive reinforcement and encouragement of preteens to share their knowledge and willingness to not start using nicotine products with the younger age groups through our N.A.T.E. Jr program.

## Adult Tobacco Education and Cessation Support

# Freshstart<sup>®</sup>

FreshStart Adult Tobacco Cessation – Freshstart is a smoking cessation program developed by ACS and hosted and facilitated by the Community Cancer Center. This program is designed to help participants take charge of their efforts to quit using tobacco. During this 8-week course participants are introduced to the effects of tobacco use, the benefits of quitting, how to design a quit plan, recognition of behaviors and triggers to tobacco use and how to overcome barriers to quitting tobacco.

Participants will receive weekly coaching and mentoring to aid them in quitting smoking for good.



Next Step – Our tobacco cessation support group Next Step was developed from the requests of our first year class of FreshStart participants. Each week a cessation tool from the Fresh Start program is selected for discussion along with many other behavior triggers. During discussions the group analyzes a situation from one of the members and aids them in ways to overcome the set back or adapt a success behavior.

The Next Step cessation support group is comprised of adults with the same goal and mind set; to quit smoking for good. This group meets weekly.

For more information, registration, or questions about programs contact:  
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