

NOVEMBER 29, 2023

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## LUNG CANCER AWARENESS MONTH

Lung cancer is the leading cause of cancer death in Ohio, accounting for 25.1% of all cancer deaths in Ohio in 2020 (Ohio Department of Health). November is Lung Cancer Awareness month and MCHD wants you to be educated about what lung cancer is, ways to reduce your risk, and local resources you can get connected to.

What is lung cancer? According to the Center for Disease Control and Prevention (CDC), when diseased cells in your body start to grow out of control that is called cancer, and when that process starts in your lungs, it is classified as lung cancer.

Cigarette smoking is the number one risk factor for lung cancer. Other risk factors include secondhand smoke, radon, family history, and other harmful substances that are inhaled. Did you know that if you smoke or have smoked in the past, you may be eligible for a low-dose CT screening to detect lung cancer early? Visit [screenyourlungs.org](https://www.screenyourlungs.org) to see if you are eligible.

Need assistance quitting smoking or e-cigarettes? Quitting isn't easy but you have to start somewhere. You can call 1-800-QUIT-NOW (784-8669) or text "QUIT" to 47848 for assistance. MCHD also has a Tobacco Cessation Coordinator who can help. Call our office to speak with someone about your options 740-962-4572.