



Monthly Strides

Taking strides to better your health

November Issue Includes

- Lung Cancer Awareness Month
- Great American Smokeout (November 19)
- American Diabetes Month
- Flu and Pneumonia Awareness

Lung Cancer Awareness Month

Did you know that lung cancer is the leading cause of cancer death in the United States among every ethnic group... 1 in every 3 cancer deaths.

Lung cancer will kill:

- More people than breast, prostate, colon, liver, kidney and melanoma cancers... combined.
- Over three times as many men as prostate cancer.
- Nearly twice as many women as breast cancer.
- An average of 439 people a day.

According to the CDC, about 85% of all lung cancers are in people who smoke or who have smoked. There are approximately 123,386 lung cancer deaths per year attributable to smoking. Don't forget that the Great American Smokeout is also this month.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "lung cancer" in the Search box to learn more, or visit www.lungcanceralliance.org. To learn about how and why to quit using tobacco, visit StayWell Online at <https://delaware.online.staywell.com> and select "Tobacco Use" under "Health Centers."

Flu and Pneumonia Awareness

Flu and pneumonia are respiratory illnesses that should not be taken lightly. In the U.S., pneumonia and the flu combined are the sixth leading cause of death.

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the U.S., 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu.

Pneumonia isn't caused by a single virus or bacterium. It can have more than 30 causes. The five main causes are bacteria, viruses, mycoplasma, other infectious agents (fungi and parasites) and chemicals. Pneumonia can be a serious, potentially fatal infection. Although most people think of pneumonia as affecting only the lungs, the bacteria that cause pneumonia can attack other parts like the brain and can cause meningitis. They are spread from person to person through coughing, sneezing or close contact.

Visit www.cdc.gov to learn more about flu and pneumonia and what you can do to prevent them both.



American Diabetes Month

If you have diabetes, you have plenty of company. The number of adults diagnosed with this serious, chronic condition is increasing daily: 20.2 million Americans now live with diabetes.

To learn more about diabetes, visit StayWell Online at <https://delaware.online.staywell.com> and click on "Diabetes" under the "Health Centers" section.

