

# NATIONAL LUNG CANCER AWARENESS MONTH

## Benefits of Quitting Smoking are as follows:

**20 Minutes After Quitting**  
an individual's heart rate drops to a normal level.

**12 Hours After Quitting**  
carbon monoxide levels in the blood drop to normal.

**2 Weeks to 3 Months After Quitting**  
an individual's risk of having a heart attack begins to drop and their lung function begins to improve.

**1 to 9 Months After Quitting**  
an individual's cough and shortness of breath decreases.

**1 Year**  
an individual's coronary heart disease is half that of a smoker.

**5 to 15 Years After Quitting**  
an individual's risk of having a stroke is reduced to that of a nonsmoker.

**10 Years After Quitting**  
an individual's lung cancer rate is about half that of a smoker and their risk of getting cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

**15 Years After Quitting**  
an individual's risk of coronary heart disease is the same as that of a nonsmoker.

Please visit our website at [www.lungdiseasefoundation.org](http://www.lungdiseasefoundation.org) to see a schedule of upcoming classes and call us to join.

Don't let the sweet-smelling cloud of vaping smoke fool you. It is still dangerous and is known to carry cancer-causing chemicals from first and second hand smoke.

Find more information on vaping products by visiting our website at [lungdiseasefoundation.org](http://lungdiseasefoundation.org)



## 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 Saturday, November 21 be your day to start your journey toward a smoke-free life.** You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.



Free classes designed specifically for adults like you, who want to quit tobacco use.

**Make the decision to quit smoking today!**

**Register for the Next Series of Classes**

CLASS DATES	TIME
Jan. 5 to Feb. 16	4:30 – 6:00pm
March 2 to April 13	4:30 – 6:30pm
May 12 to June 22	4:30 – 6:30pm
July 6 to Aug. 17	4:30 – 6:30pm
Sep. 7 to Oct. 19	4:30 – 6:30pm
Nov. 9 to Dec. 21	4:30 – 6:30pm

**Location:** 800 Chestnut Avenue, Altoona, PA 16601



**Free Participation and Nicotine Replacement Therapy To Register Call 814-946-2845 ext. 200 or ext. 215**

The project was funded through a Pennsylvania Department of Health grant.

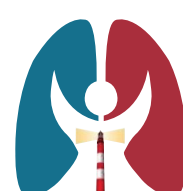
  
**Applebee's**  
**Dining To Donate**  
Enjoy A Meal That's Filling and Fulfilling.

# SAVE THE DATES!

**Tue., November 17th, 2020**

**Tue., November 24th, 2020**

**Take-Out Only**  
**Logan Valley Mall Location**

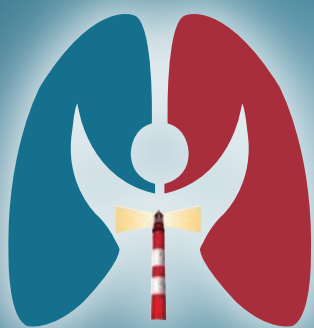


**LUNG DISEASE**  
Foundation of Central PA

It's very easy to do and 15% of your meal (excluding alcohol, tax, and tip) will be donated to help lung cancer patients cover their medical costs! Please remember to PRINT or DOWNLOAD the coupons with the dates you will be dining at Applebee's. Thank you for supporting this very special need.

**For more information, please contact the Lung Disease Foundation of Central Pennsylvania at 814-946-2845.**





# LUNG DISEASE

Foundation of Central PA

*Dedicated to Inform, Empower, and Educate Individuals  
on how to Improve All Aspects of Lung Health*



- Insure the availability of a safe sleep environment for every infant
- Infant safe sleep education
- Decrease infant sleep-related deaths

## EARLY DETECTION PROGRAM

- For those at high risk of lung cancer
- 55 or older with a 30-pack-year smoking history
- 300+ participants currently enrolled

## E-CIGARETTES, VAPING AND JUULING EDUCATION

- Informative Programs on the Dangers of E-Cigarettes, Vaping and Juuling
- Education for Students/Youth
- Education for School Districts (Parents, Educators, Administrators, Counselors and School Nurses)
- Cessation Programs

## RESOURCES AND PROGRAMS RELATED TO TOBACCO CONTROL

- Freedom From Smoking Classes (free-including Nicotine Replacement Therapy) held at the Lung Disease Center or your Organization/Location
- Young Lungs at Play Signs for parks, playgrounds, recreational facilities
- Tobacco Resistance Units (TRU Groups) for students, youth groups, etc.
- Strengthening or creating policies for tobacco free environments for Businesses, Multi-Unit Housing, and Municipalities
- Advocacy

## COMMUNITY IMPACT OF THE LUNG DISEASE FOUNDATION

- 39 Families in 2018-2019 fiscal year received safe sleep education and a safe sleep environment (pack-n-play)
- 134 Individuals participated in Freedom From Smoking programs in Blair County
- 12 Individuals participated in Freedom From Smoking programs in Bedford County
- Assisted recreational facilities in securing Young Lungs at Play signs
- Hundreds of educators, parents, and students with E-cigarette and Juuling education for area school districts with more scheduled for the upcoming year

\*Designated as the Tobacco Control Service Provider, through a grant from the American Lung Association, for Blair and Bedford Counties.

**800 Chestnut Avenue, Altoona, PA 16601**  
**814-946-2845 • [lungdiseasefoundation.org](http://lungdiseasefoundation.org)**



## LUNG CANCER

Lung cancer remains a serious problem in the United States. It is the second most common cause of cancer in American men and women, and the most common cause of cancer-related death in American men and women. One in every four cancer-related deaths are due to lung cancer. More people die each year from lung cancer than breast, colon, and prostate cancer combined.

There are many statistics concerning who gets lung cancer. The most common predisposing cause is smoking. Men who smoked are 23 times more likely to develop lung cancer than their non-smoking counterparts. More men are diagnosed with lung cancer, by a small margin, over women. Black men are 20% more likely to develop lung cancer than white men.



**Dr. George  
M. Zlupko**

The good news is that more patients with lung cancer are surviving. This trend is due to several factors, including early detection and advances in treatments. When lung cancer is found, studies are done to determine the stage of the disease. The stages of lung cancer go from 1 to 4 and the patient's survival is closely tied to the stage of the disease.

Patients with lung cancer usually have no symptoms, initially, and their disease is often found when they have progressed to a later stage associated with a lower survival rate. Finding lung cancer early may mean the difference between a cure and no cure. Identifying patients at high risk for developing lung cancer revealed those patients who smoked for more than 30 pack years (number of packs smoked per day times the number of years smoked) and were over the age of 55 had a better mortality rate if they were screened annually with a low dose CT scan of the lungs. Their cancers were found earlier and the rate of cure and survival

was much better. This fact, alone, has convinced most doctors to encourage their patients, within the age and smoking history, to have an annual CT scan done of the chest. This recommendation was not immediately accepted by insurance companies and was not reimbursed. Currently, most insurance carriers have recognized the value of this screening and approve of the CT scan surveillance.

Along with the early radiographic detection of lung cancer has come newer techniques to obtain samples of the lung, and even the regional lymph nodes, to establish not only the diagnosis of lung cancer, but also the specific cell type and stage of the disease.

The current COVID pandemic has caused many patients to cancel their screening appointments or delay their diagnostic tests. Despite these difficult times, it is vital to the health and survival of any high risk patient to cooperate with their doctor and follow the screening protocols. Your life and survival could depend on it.

**LUNG**  
DISEASE CENTER  
OF CENTRAL PENNSYLVANIA

**WHEEZING? COUGHING? SHORTNESS OF BREATH?  
ABNORMAL CT/X-RAY? SLEEP PROBLEMS?**

**IN-HOUSE SERVICES: X-RAY, PULMONARY STUDIES,  
OXYGEN TESTING, CT SCANNING, SLEEP TESTING**



**Timothy A.  
Lucas, M.D.,  
FCCP**

**George M.  
Zlupko, M.D.,  
FCCP**

**Michael C.  
Zlupko, M.D.**

**Alan J.  
Kanouff, D.O.,  
FCCP**