



# LiveHealthy

November 2016

## Let's Snuff Out Lung Cancer

### *November is Lung Cancer Awareness Month*

Lung cancer leads the way in cancer-related deaths in the United States, and smoking is the most common cause of lung cancer.

For most patients with lung cancer, current treatments do not cure the cancer, but there are ways you can reduce your risk of acquiring this deadly disease.

### *What Can I Do to Reduce My Risk of Lung Cancer?*

- **Don't smoke.** Cigarette smoking causes about 90 percent of lung cancer deaths in the United States. The best thing you can do to prevent lung cancer is to not start smoking, or quit if you smoke.
- **Avoid secondhand smoke.** Smoke from other people's cigarettes, cigars, or pipes is called secondhand smoke. Make your home and car smoke-free.
- **Get your home tested for radon.** The U.S. Environmental Protection Agency recommends that all homes be tested for radon.
- **Be careful at work.** Health and safety guidelines in the workplace can help workers avoid carcinogens, which are substances that can cause cancer.

### *Smoking*

People who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than people who do not smoke. Even smoking a few cigarettes a day, or smoking occasionally, increases the risk of lung cancer. The more years a person smokes and the more cigarettes smoked each day, the more the risk goes up.

Cigarette smoking can cause cancer almost anywhere in the body. Cigarette smoking causes cancers of the lung, mouth, nose, throat, voicebox (larynx), esophagus, liver, bladder, kidney, pancreas, colon, rectum, cervix, stomach, blood, and bone marrow (acute myeloid leukemia).

### *Capital BlueCross can help you be tobacco-free!*

Capital BlueCross covers the following benefits at a \$0 cost share to members during each benefit period:\*

- Tobacco-cessation counseling sessions (visit limits may apply)
- 180-day treatment regimen of the following tobacco-cessation products. These medications, including over-the-counter ones, require a valid prescription for coverage:
  - Bupropion hcl SR 150 mg\*\*
  - Chantix
  - Nicotine gum\*\*
  - Nicotine patch\*\*
  - Nicotine lozenge\*\*
  - Nicotrol nasal spray and inhaler

\*Members of grandfathered groups may have a cost share. Refer to your summary of benefits and coverage for full details about these benefits.

\*\*Generic only. Please refer to our [Rx Preventive Coverage List](#) for more details.

Capital BlueCross also provides access to a number of other tobacco-cessation resources to help you quit.

Click [here](#) for tips and brochures.

## Secondhand Smoke

Smoke from other people's cigarettes, pipes, or cigars (secondhand smoke) also causes lung cancer. When a person breathes secondhand smoke, it is like he or she is smoking. In the United States, two out of five adults who don't smoke, and half of all children, are exposed to secondhand smoke, and about 7,300 people who never smoked die from lung cancer due to secondhand smoke every year.

## Radon

Radon is a naturally occurring gas that comes from rocks and dirt and can get trapped in houses and buildings. It cannot be seen, tasted, or smelled. According to the U.S. Environmental Protection Agency (EPA), radon causes about 20,000 cases of lung cancer each year, making it the second leading cause of lung cancer. Nearly one out of every 15 homes in the United States is thought to have high radon levels. The EPA recommends testing homes for radon and using proven ways to lower high radon levels.

## What Screening Tests Exist?

The only recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan, or LDCT). For this test, an X-ray machine scans the body and uses low doses of radiation to make detailed pictures of the lungs.

If you are thinking about getting screened, talk to your doctor. If lung cancer screening is right for you, your doctor can refer you to a high-quality treatment facility. For more information on screening, [click here](#).

The best way to reduce your risk of lung cancer is to not smoke and to avoid secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For help quitting, visit [smokefree.gov](http://smokefree.gov), call 800.QUIT-NOW (784-8669), or text "QUIT" to 47848 from your cell phone.

Source: [CDC.gov](http://CDC.gov)

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## Recipe Row

### Spicy Roasted Pumpkin Seeds

#### Ingredients:

2 1/2 cups pumpkin seeds  
1 egg white  
1/4 cup sugar  
1 teaspoon salt  
1/4 teaspoon cumin  
1/4 teaspoon allspice (ground)  
1/2 teaspoon cayenne pepper (ground)  
1/2 teaspoon chili powder

#### Directions:

Preheat oven to 350°F.  
Whisk the egg white until light and frothy; add the dry ingredients one at a time and mix in between.  
Layer the mixture onto a baking sheet lined with parchment paper and bake for 10-15 minutes.

Pumpkin seeds are a supremely healthy snack! They are low in cholesterol and a good source of protein, omega-3 fats, vitamin K, iron, and other trace minerals, they have been found to elevate mood and help protect the cardiovascular system.

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