HEALTH & WELLNESS

The Pulse Newsletter

The Baldwin Group

BY THE NUMBERS

80-90%

Of all lung cancer cases and causes are due to cigarette smoking.

Roughly 10-12%

Of people newly diagnosed with lung cancer have never smoked cigarettes.

Source: CDC Lung Cancer.



IS VAPING SAFE?

E-cigarettes and vaping are not a safe alternative to smoking. It is less harmful than smoking, but there has been an increased rate of lung injuries and deaths associated with vaping. The chemical vitamin E acetate (used as a thickening agent in some e-cigarettes) has been found in fluid samples of all individuals with vaping-related injuries.

FOCUS

Lung Cancer

November is Lung Cancer Awareness Month, making it the perfect time to take a closer look at our lung health! With the Great American Smokeout encouraging people to kick the habit, this month shines a spotlight on the importance of prevention, early detection, and healthier choices.





DETAIL

Let's clear the air on lung health

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Smoking is a leading cause of preventable diseases, including lung cancer, heart disease, and stroke. **In fact, lung cancer is the 3rd most common cancer in the United States, and it can affect nonsmokers, too.** Lung cancer often develops without noticeable symptoms in its early stages, making awareness and early detection especially important. A persistent cough, chest pain, shortness of breath, unexplained weight loss, or coughing up blood are warning signs that shouldn't be ignored. For individuals at higher risk, low-dose CT screening can help detect lung cancer before symptoms appear. Many health plans cover this screening as preventive if you meet certain qualifications such as age and smoking history. Always talk with your doctor about your risk factors and whether a screening is right for you.

Give your lungs a shot at protection! Vaccines do more than prevent illness; it an also help protect your lungs. Vaccines such as the flu and covid can help prevent respiratory illnesses especially amongst those with chronic conditions, such as asthma and COPD. Whether it's quitting smoking, understanding your risk factors, or learning about screening options, every step toward healthier lungs matters. This month, let's raise awareness, make informed choices, and breathe a little easier!