



Lung Cancer is a tragic disease that takes a terrible toll on those with the disease, as well as their loved ones. Lung cancer is the leading cancer killer in both men and women in the United States. In fact, more people die from lung cancer than any other type of cancer. The American Lung Association has long been the leader in the fight against lung cancer and is taking new steps to help both patients and their families.

**-In 2010, assaults or violent acts accounted for 23,410 cases with 'days away from work.'**

**-In 2011, employers reported approximately 207,500 cases of occupational illnesses.**

**-There were also 3,905 workplace fatalities in 2011.**

**What did the math book say to the song book?**  
Boy do I have problems.

**What do you call a sheep that is covered in chocolate?**  
A Hershey baaaaaar!

## Today, lung cancer is the #1 cancer killer in America.

In the last 35 years, the lung cancer death rate has fallen 21% among men, **but has increased 116% among women.** New studies have shown that low-dose CT screening for high-risk individuals (who meet the NLST guidelines) can reduce mortality by 14%. Persons meeting the following criteria, should be screened:

1. Current smokers and former smokers (who quit within the past 15 years) with a 30 pack year history (number of packs a day times the number of years of smoking) who are between the ages of 55 and 74.

2. Current and former smokers, ages 50 and up, with a 20 pack year history who also had one of the following additional risk factors:

- Exposure to radon;
- Exposure to occupational carcinogens, such as silica, cadmium, asbestos, arsenic, beryllium, chromium, diesel fumes and nickel;
- A previous cancer;
- A family history of lung cancer;
- COPD or pulmonary fibrosis.

***'How do you know if a man needs encouragement? If he is breathing.'***

-Truett Cathy, Founder, Chick-fil-A

## Eat More Fiber

Many Americans do not consume enough fiber, which may have negative consequences for their weight and heart health, concludes a new study from Brigham and Women's Hospital and Harvard University.

Although the Institute of Medicine recommends 38 grams of fiber a day for men and 25 grams a day for women, researchers found people consume much less – between 15.7 and 17 grams – based on data from 23,168 people in the National Health and Nutrition Examination Survey.

Fiber intake varied by race, with Mexican-Americans eating the most (18.8 grams) and blacks the least (13.1 grams), according to the study abstract. Among all racial groups, more fiber was associated with lower rates of metabolic syndrome, cardiovascular inflammation and obesity. As a result, researchers called for new strategies to promote fiber consumption. Source: NSC Safety and Health Magazine

## How to Win People to Your Way of Thinking

Show respect for the other person's opinion. Never say, "You're wrong."

If you are wrong, admit it quickly and emphatically.

Begin in a friendly manner.

Get the other person saying "yes, yes" immediately.

Let the other person do a great deal of the talking.

Let the other person feel that the idea is his or hers.

Try honestly to see things from the other person's point of view.

Be sympathetic with the other person's ideas and desires.

Appeal to the nobler motives.

Dramatize your ideas.

Challenge respectfully and be open-minded.

**Remember** – *the only way to get the best of an argument is to avoid it.*