



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

*Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay*

## November 2, 2022: Lung Cancer Awareness Month

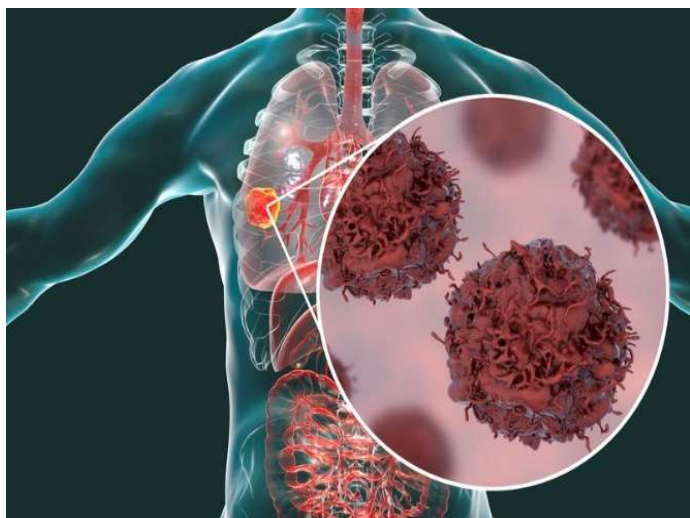
***Lung cancer is the most common cause of cancer death in the United States***, responsible for more deaths in this country than colorectal cancer, breast cancer, and pancreatic cancer deaths combined.

### **What is lung cancer?**

Lung cancer occurs when cells in the lungs change (mutate), most often due to breathing in dangerous chemicals.

But lung cancer can happen without known exposure to toxic chemicals. Cancer cells grow wildly and cluster together to form a tumor, destroying healthy lung tissue around them.

There are two different types of lung cancer: small cell lung cancer (SCLC) and non-small cell lung cancer (NSCLC). To learn about each type visit the American Lung Association's [Lung Cancer Basics](#).



[Causes and risk factors](#) for lung cancer include:

1. Smoking
2. Secondhand smoke exposure
3. Radon
4. Hazardous chemicals
5. Particle pollution
6. Genes

***Often lung cancer does not cause symptoms until it has spread or are in advanced stages.***

While it varies from person to person, when there are early signs, it can commonly include:

- A cough that is constant or worsens
- Coughing up blood or rust-colored spit or phlegm
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Shortness of breath
- New onset of wheezing
- Hoarseness
- Infections such as bronchitis and pneumonia that don't go away or keep coming back
- Fatigue, or feeling tired or weak
- Loss of appetite
- Unexplained weight loss

If you notice any of these symptoms, you should seek medical assistance.

***If you are a current or former smoker over the age of 50, you may meet the high-risk eligibility criteria for low-dose lung cancer screening.*** Talk with your medical provider to learn more or visit the American Lung Association's [About The New Low-Dose CT Lung Cancer Screening Test](#).

## WHAT HAS NSHD BEEN WORKING ON?

Read our [#VaxUpNorthShore](#) newsletter, stressing the importance of staying up-to-date on your COVID-19 vaccines and getting a flu shot before the holidays.



**During Vaccination Weeks of Action, get your updated COVID vaccine.**

Updated vaccines protect against both the original COVID virus and the current Omicron strains.



## Health Insurance Open Enrollment



**Need help paying for health care?**



We can help you find free or low-cost options



[Healthcare.gov](#) is open! Get enrolled today!

Call 2-1-1 to find free, expert help near you or visit [WisCovered.com](#) to learn more.

## BLOOD PRESSURE & IMMUNIZATION CLINICS

### **IMMUNIZATIONS (APPOINTMENT REQUIRED):**

We provide vaccinations for individuals who are underinsured or uninsured, including infant, child routine immunizations and required for school. ***Please call 414-371-2980 to find out what vaccines we have available and to make an appointment:***

#### **Brown Deer Office**

1st Tuesday of the month • 7:30-9am

3rd Tuesday of the month • 3:30-5pm

#### **Shorewood Office**

2nd Wednesday of the month • 3:30-5pm

4th Wednesday of the month • 7:30-9am

*If these days/times do not work for you, we will do our best to accommodate you at another time.*

### **UPCOMING BLOOD PRESSURE SCREENINGS**

**(WALK-IN – NO APPOINTMENT):**

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. 1:00 p.m. to 2:00 p.m. Clinic dates: Nov 16, Dec 21.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:30 p.m. - 1:15 p.m. Clinic dates: Nov 2, Dec 7.
- **LX Club Sponsored Clinic at the Longacre Skating Pavilion:** 7343 N Longacre Rd. Monday, November 14 from 11:30-12:30pm. Monday, December 12 from 11:30-12:30pm.

Please visit our website for up-to-date information about BP Screenings: [www.nshealthdept.org/Clinics](http://www.nshealthdept.org/Clinics)



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[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

Follow us on social media and visit our website for health information and updates



### **RESOURCES AND REFERENCES**

1. [November is Lung Cancer Awareness Month | AACR](#)
2. [LUNG Cancer Awareness Month | NCC Inc.](#)
3. [World Lung Cancer Day | American Lung Association](#)
4. [Lung Cancer Basics | American Lung Association](#)
5. [About The New Low-Dose CT Lung Cancer Screening Test](#)
6. [Lung Cancer Awareness Feature | CDC](#)