

WHAT THE HEALTH!?

LUNG CANCER AWARENESS MONTH

Lung cancer is the most common cause of cancer death in the United States and worldwide!

In fact, it kills more people than the next three most common causes of cancer death **combined** - colorectal, breast, and pancreatic.



SMOKING is the most common cause of lung cancer. **Quit, or never start, smoking!**

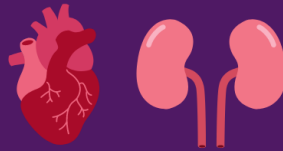
Additional risk factors include: being exposed to secondhand smoke, exposure to radon, family history of lung cancer, etc.



November is American Diabetes Month!



37.3 million people in the US have diabetes.
96 million people ages 18+ have prediabetes.



Diabetes can cause a wide array of complications that impact the heart, kidneys, nerves, and more!



Type 2 diabetes can be prevented by following a healthy lifestyle and maintaining a healthy weight.

FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a progressive brain disorder, **NOT** a normal part of aging¹



MORE THAN 6.2 MILLION AMERICANS are living with Alzheimer's¹

The number of Americans with Alzheimer's is projected to surpass **13.8 MILLION** by 2060²

MORE THAN 11 MILLION American caregivers provide **OVER 15.3 BILLION** hours of unpaid care¹

Connect with information and support.

Contact AFA's Helpline

Phone: 866-232-8484 • Text: 646-586-5283 • Web: www.alzfdn.org

¹ Centers for Disease Control and Prevention (CDC)
² National Institutes of Health (NIH)



Rabies Vaccination Clinic!

Thursday, November 17th
5:30pm—7:30pm
Campville Fire Station
(Route 38, Owego)

Pre-register by visiting
ph.tiogacountyny.gov or scan the
QR code!



November 2022