

Healthy Lifestyles

Health and wellness news from Methodist Medical Center | 865.835.4662 | www.mmcoakridge.com | MY CARE. My Methodist.

Community Comes Out to Support Breastfeeding at Ice Cream Social

A warm summer evening, a shady tree grove, and cool, deliciously drippy ice cream... it was just the right combination for a successful and fun celebration of World Breastfeeding Month, held August 4 in Oak Ridge. More than 75 moms, dads, kids and friends came out for the Baby's Best Fest celebration to show their support of breastfeeding babies.



Community members joined Methodist Medical Center, the Anderson County Health Department, and La Leche League in Bissell Park to celebrate World Breastfeeding Month on August 4. Guests of all ages enjoyed ice cream, face painting, and networking with other local families.

The event took place at Bissell Park and was sponsored by Methodist Medical Center of Oak Ridge, the Anderson County Health Department and La Leche League.

"Breastfeeding is the healthiest, most nourishing option for babies," says Cheryl Stallings, RN, International Board Certified Lactation Consultant at Methodist Medical Center. "We want to encourage all new and expectant mothers to consider breastfeeding, and this event is our way to remind women that Anderson County has a fantastic support network to help them succeed."



In addition to an ice cream social, guests enjoyed face painting, bubbles, and a special project displaying the many reasons they support breastfeeding. During the celebration, Cathy Cary, a long-time La Leche leader, was recognized for her dedicated service to supporting breastfeeding mothers and babies in our community. Additionally, Lori Kearns of Crossroads Coffee House was recognized for offering a family-friendly atmosphere and supporting the Nursing Moms Club, which

holds their meetings at the new local business.

Class is Now in Session

Are you expecting and interested in learning more about breastfeeding? Then Methodist has a class for you. Even a little information can help you succeed in breast-



feeding class will take place Tuesday, September 27 at 6 p.m. The next daytime breastfeeding class is Tuesday, September 13 at noon. Both classes are approximately two hours and registration is required. For more information or to register, call (865) 835-4662.

Education, Support, and Beyond

While breastfeeding is a natural process, it does not always come easily to mother or baby. That's why the expert staff at Methodist's Family Birthing Center is trained to offer breastfeeding support. Methodist also offers an International Board-Certified Lactation Consultant who meets with every breastfeeding mom to follow-up on any feeding issues.

Methodist's Family Birthing Center provides mothers with additional resources such as breastfeeding support groups, supplies, and information on breast pump rentals. Staff also follow-up after delivery with discharge phone calls and will even schedule follow up visits at any point in the postpartum period if a mom needs additional help breastfeeding.

Learn more about the Family Birthing Center at Methodist. Visit mmcoakridge.com/childbirth.



Cathy Cary, La Leche League leader, left, and Lori Kearns, Crossroads Coffee House, were recognized for their support of breastfeeding mothers and babies during the annual celebration.

feeding and will help you decide if it's right for you and your baby. Methodist Medi-

cal Center offers evening and daytime breastfeeding classes each month. The next

Breastfeeding Helps Mothers and Children

There's nothing like breastfeeding to put kids on the path to good health. Breastfeeding has multiple benefits for babies, including lower risk for ear and respiratory infections, allergic skin disorders, intestinal infections, type 2 diabetes, and sudden infant death syndrome (SIDS). The American Academy of Pediatrics strongly recommends breastfeeding for six months. At 6 months of age, the American Academy of Pediatrics recommends adding solid foods and continuing with breastfeeding until baby is at least one year old. Breastfeeding can continue as long as both the mother and baby wish.



It's important for a breastfeeding mom to have great support from her loved ones. Methodist's Bringing Up Baby class is a great way for both parents and grandparents to prepare for a new baby and learn how to give a new mom that support.

Mom wins, too

Benefits for breastfeeding moms include decreased risk for breast and ovarian cancer and type 2 diabetes. Breastfeeding can also help you lose the pounds you put on during pregnancy.

Classes to help you succeed

Methodist Medical Center offers a variety of classes to help expectant parents prepare to welcome a new baby into the family. To best meet the busy schedule of a mom-to-be, Meth-

odist offers daytime and evening breastfeeding classes each month.

Both parents and grandparents will benefit from Methodist's Bringing Up Baby class, which teaches new parents about baby care techniques and safety and helps grandparents understand how to best support a new mom. Bringing Up Baby is offered quarterly.

To learn more about these and other classes visit mmcoakridge.com/community, or to register, call (865) 835-4662.

Breastfeeding and the Working Mom

One hurdle that many women encounter in breastfeeding is their return to work. While it might have its challenges, mothers can still have success in breastfeeding after their maternity leave is over.

Employer support will be beneficial to successfully continuing breastfeeding. Discuss your plan to continue to breastfeed, and your need to pump or express breast milk during the workday, with your employer when you are pregnant or before you return to work.

Be sure your employer understands that continued breastfeeding, and providing your milk by pumping at work, are not just good for your baby--they also are good for the company. Evidence indicates that employer support for continued breastfeeding, and the breast-pumping breaks it requires, results in fewer employee absences and increased worker productivity. This makes sense when you consider that:

- Your breastfed, or breast milk-fed, baby is less likely to develop many kinds of infectious illnesses, so you are less likely to take days off to care for a sick baby.
- You are less likely to be distracted on the job because you had to leave



a sick baby with a sitter or because you are concerned about milk production or some other breastfeeding-related issue.

If you are able to pump every few hours, you are less likely to develop a mastitis (breast infection)--a situation that may require that you take one or more days off work.

Let your employer know that frequent workday breast-pumping breaks do not continue indefinitely. The number will decrease during the second half of your baby's first year, as he or she develops and eats more solid foods.

Other work place issues to consider might include the following:

- Will you be able to take breast-pumping breaks close to your baby's feeding schedule or must pumping wait for scheduled worksite breaks and lunch periods?
- Is there a place where you may go to pump or express your breast milk privately? Fair labor standards require provision for a clean area to express your breast milk privately. Bathrooms, although private, are not an appropriate space.
- Is there a refrigerator to store breast milk in during the day, or do you need to bring an insulated cooler for storage?



My baby. My family.
My Methodist.

The Silence of Suicide

Celebrity suicides, like that of actor/comedian Robin Williams in 2014, garner discussion that is far from the norm. In fact, suicide is more often discussed in hushed tones among family members after the fact – if it’s discussed at all. Even today, despite a greater understanding of the causes of suicide, it still carries a stigma that serves only to exacerbate the problem.

That is particularly true in cases of an elderly person’s suicide.



“We tend to seek the simple solution: Mr. Smith killed himself because his wife died or Mrs. Jones killed herself because she was diagnosed with cancer,” Dr. Yeates Conwell, a nationally recognized specialist in elderly suicide from the University of Rochester Medical Center, once said in a CBS-TV interview. “We have to go beyond simple explanations and start looking ... at the tapestry of older people’s lives.”

That interview was in 2002, but more than a dozen years later, little has changed. Each day, 15 people over the age of 65 are lost to suicide.

That’s one suicide every 96 minutes.

Why? There is no simple answer, but baby boomers, taught to “keep a stiff upper lip” and to pull themselves out of their own depression, are more prone to suicide than later generations and are now entering their riskiest years.

Although older adults attempt suicide less often than those in other age groups, they have a higher comple-

tion rate – one suicide for every four attempts – compared to one for every 100 to 200 attempts by those ages 15 to 24 years. White men over the age of 85 are at the greatest risk of all demographic groups. In 2003, the suicide rate for these men was 51.6 per 100,000, more than four times the current overall rate. Men account for 84 percent of elderly suicides. The rate of suicide among men in late life is almost eight times that for women (overall, men’s rates were 4.1 times those of women as of 2003).

According to information from the Tennessee Suicide Prevention Network (TSPN), Tennessee had 945 suicides in 2012. The state figures for suicides among seniors over 65 are not available. But if Tennessee follows the national trend that shows seniors account for 15 percent of suicides, it would mean more than 142 of those 956 were seniors over 65.

Contrary to popular opinion, only a fraction – 2 to 4 percent – of suicide victims over 65 have been diagnosed with a terminal illness at the time of their death. Two-thirds of older adult suicide victims were in relatively good physical health at the time. So, what’s the cause of suicides among the elderly? Researchers point to untreated depres-

sion as the leading factor. The vast majority of elderly suicide victims have at least one psychiatric diagnosis, and two-thirds of those diagnoses are for late-onset clinical depression. Still, as many as 75 percent of older Americans are not receiving the treatment for depression that they need. Most suicide attempts are expressions of extreme distress, not harmless bids for attention. Often, that’s because seniors and caretakers mistakenly believe that depression is just a part of the aging process. Too, the baby boomers are reluctant to discuss feelings of depression with others.

“Your doctor can only

treating you if you say how you’re really feeling,” advises the National Institute for Mental Health, which urges seniors to discuss their feelings with their doctors.

Psychiatrists with Parkwest’s Senior Behavioral Health Unit and Peninsula Hospital say depression among seniors should always be taken seriously. Older adults have many suicide risk factors. Among those are:

- Physical illness
- Pain
- Inability to function in daily life
- Bereavement of loved ones – spouses and many seniors lose children
- Fear of becoming a burden

- Social disconnection from community and younger family members with busy lives
- Trouble asking for help
- The belief that suicide is a rational act and not an act of mental illness
- Overall helplessness and hopelessness
- Lethal methods (most likely firearms) which they have access to with little to no oversight from family or community
- High levels of anxiety about their futures
- Nothing to look forward to
- Poor sleep

Senior Behavioral Health at Parkwest Medical Center provides an advanced level of care for adults ages 55 and older with a wide range of psychiatric and medical issues. All referrals and intakes are done through Peninsula Hospital, a division of Parkwest Medical Center. To make a referral or to get more information, call 865-970-1805 or visit www.treatedwell.com/seniorbehavioralhealth. The Tennessee Suicide Prevention Network at www.TSPN.org is also a good resource.

Suicide prevention topic of September’s Health Night lecture at Methodist

September is Suicide Prevention Awareness Month, and in support of this important initiative Methodist Medical Center of Oak Ridge is bringing together medical professionals from Peninsula Behavioral Health and Ridgeview Behavioral Health Services for a special Health Night on the Town presentation. The program will take place Tuesday, September 27 at 7 p.m. in the Ridge Conference Room at Methodist Medical Center, 990 Oak Ridge Turnpike.

Join Methodist as John Kupfner, MD, board-certified psychiatrist on staff at Peninsula Behavioral Health and Renu Bhateja, MD, psychiatrist at Ridgeview Behavioral Health Services, discuss suicide prevention, warning signs to look for in loved ones and how to receive help. Health Night is free and open to the public. For more information call (865) 835-4662.



Preventing Stroke in Women

A stroke can strike anyone—no matter your age, ethnicity, or sex. There is no typical stroke victim. Yet women are slightly more likely than men to have a stroke and die from it. These troubling facts recently led health experts to compile the first female-focused guidelines for stroke prevention. Why more women?

The American Heart Association and the American Stroke Association published guidelines on preventing stroke in women. They combed through years of past research to develop them. Their detailed review explains in part why women seem to fare worse when it comes to stroke.

A stroke happens when a part of your brain can’t get the blood it

needs. A blood clot or bleeding in your brain can cause this serious health event. Certain factors can boost your chances of having a stroke. High blood pressure is one factor. This condition can make it harder for your heart to pump blood throughout your body.

Some risk factors are unique to women, though. For instance, hormonal changes can raise a woman’s risk for stroke. During pregnancy, some mothers-to-be may develop preeclampsia—a form of high blood pressure. Certain birth control pills can also put a woman at higher risk for stroke. This is especially true if she smokes and is older than 35.

Women—more than men—also tend to develop health prob-

lems that may lead to a stroke. These include obesity and atrial fibrillation (AF), a type of irregular heartbeat. People with AF are 4 to 5 times more likely to have a stroke. AF commonly afflicts older people, especially women, because they often live longer than men.

What about stroke symptoms? Not knowing the symptoms of a stroke may also work against women. In a recent survey, researchers asked more than 1,200 women about stroke. They found that only half correctly knew that sudden numbness in the face or a limb could mean a stroke. What’s more, only 1 out of 4 knew about less common signs of a stroke.

During a stroke, both men and

women often report that the following appear suddenly:

- Numbness or weakness in the face or limb, usually on 1 side of the body
- Trouble seeing
- Dizziness or loss of balance or coordination
- Confusion and trouble speaking or understanding
- Severe headache with no known cause

Women may also sometimes have hiccups, nausea, chest pain, fatigue, shortness of breath, and a racing heartbeat.

Knowing all these symptoms can save your life. It may also lower your risk for disability. Compared with men, women have a lower quality of life after a stroke. One recent study found

women were more likely to have trouble moving and doing daily activities up to a year later.

Covenant Health, parent company of Methodist Medical Center of Oak Ridge, is the only stroke hospital network in East Tennessee, which means no matter where you live, stroke care is always nearby. When patients need a higher level of stroke care, they are transported to Fort Sanders Regional Medical Center, the leader of Covenant Health’s stroke network and our region’s first comprehensive stroke center. Learn more at covenanthealth.com/strokenetwork.

If you suspect you or a loved one is having a stroke, call 911 right away. Time is essential for receiving lifesaving treatment.

Therapy Can Help After a Stroke

Most people who have a stroke experience some degree of loss in function. Fortunately, the vast majority of patients can make significant gains with therapy.

Methodist Medical Center of Oak Ridge offers comprehensive physical, occupational and speech therapy services on an inpatient and outpatient basis for people who have had a stroke.

Therapy begins as soon after the stroke as possible and may continue for weeks or months. People often need a combination of physical, occupational and speech therapies after a stroke.

To learn more about these and other services at Methodist Therapy, please call (865) 835-3370 or visit www.mmcoakridge.com/therapy.

Every Drop Makes a Difference

Donate a Pint of Life at the MEDIC Blood Drive

Monday, September 12
11 - 6 p.m.

West Ridge Conference Room

Methodist Medical Center, 990 Oak Ridge Turnpike

ALL blood types are needed including O positive and A positive.



MY CARE. My Methodist.

METHODIST MEDICAL CENTER'S OCTOBER CLASSES:

PREPARE FOR YOUR BABY'S BIRTH, EXERCISE FOR BETTER HEALTH, FIND A SUPPORT GROUP TO MEET YOUR NEEDS

Whether you want to get in shape, prepare for the birth of a baby or find support from others going through a similar experience, Methodist has a class for you!

Classes will be held at the hospital, located at 990 Oak Ridge Turnpike in Oak Ridge, unless otherwise noted. For more information and registration, call (865) 835-4662 or 1-800-468-6767.

Community Classes

Smoking Cessation Class Series begins October 4

When you stop smoking, your body begins to enjoy the benefits almost immediately, and those benefits can last a lifetime. Methodist's cardiopulmonary rehab program offers Freedom from Smoking®, an 8-part class series to help you quit smoking. Participants work with an instructor to identify people, places and things that trigger their urge to light up; create a stop smoking plan that fits their individual needs; and receive support to help avoid a relapse.

The American Lung Association developed Freedom from Smoking® classes. The fee of \$50 per person is refundable upon completion of all 8 classes. Registration is required. The series will meet on October 4, 11, 18, 25, November 1, 8, 15 and 22 from 5 – 6 p.m. in Methodist's Cardiopulmonary Rehab Classroom, Suite 360, Westmall Medical Park, 200 New York Ave., Oak Ridge. To register, please call (865) 835-4662 or 1-800-468-6767.

Mended Hearts Support Group, Thursday, October 20 at 6 p.m.

Mended Hearts offers peer-to-peer support for those affected by heart disease including patients, families and caregivers. The group meets the third Thursday of the month in the Cheyenne Ambulatory Center Conference Room, 944 Oak Ridge Turnpike. To learn more call (865) 806-3013.

Stroke Support Group, Tuesday, October 25 at 4 p.m.

Stroke survivors and caregivers are welcome to attend this support group, which meets the last Tuesday of the month in the Cheyenne Ambulatory Center Conference Room, located at 944 Oak Ridge Turnpike. This program is sponsored by Methodist Therapy Services. Call Janie at (865) 494-7350 or Faye at (865) 482-4474 for more information.

Health Night on the Town, Tuesday, October 25 at 7 p.m.

The Oak Ridge Breast Center now offers 3D mammography. Join radiologist Thomas Lemond, MD, medical director at the Oak Ridge Breast Center as he discusses this advanced imaging technology at Health Night on the Town. The program will take place in hospital's Ridge Conference Room, 990 Oak Ridge Turnpike. Health Night is free and open to the public. For more information, call (865) 835-4662.

Grief Support Group, Wednesday, October 26 at 10 a.m. or 3 p.m.

Covenant Hospice offers ongoing monthly grief support groups. The Oak Ridge group meets on the fourth Wednesday of each month at 10 a.m. or 3 p.m. in the Legacy Room of Methodist Medical Center. The group offers a safe environ-



ment where those who have experienced the death of a loved one can find comfort, support and hope. The grief support group meetings are open to the community and are free of charge, but registration is required. For more information or to register, please call (865) 541-4500 or (877) 334-4500 or visit covenanthomecareandhospice.com/griefsupportgroups.

Classes for New, Expectant Families

Great Expectations Three-Class Childbirth Series, Mondays, October 3, 10 and 17 from 6 – 9 p.m.

This three-class childbirth series takes expectant mothers and their families through topics related to childbirth, delivery and newborn care. You will learn about the signs of impending labor, managing active labor, pain management, delivery, c-sections and post-delivery care. All classes in this series meet in the Cheyenne Conference Room in Cheyenne Ambulatory Center, 944 Oak Ridge Turnpike, Oak Ridge. The course fee is \$35 per family, and financial assistance with the cost is available to eligible participants. To register, call (865) 835-4662 or 1-800-468-6767.

Breastfeeding Daytime Class, Tuesday, October 4 from noon – 2 p.m.

If you're thinking about breastfeeding, Methodist Medical Center encourages you to register now for this two-hour daytime class where you will learn information that can help you succeed with breastfeeding. Bring your lunch and join us in Methodist's Family Birthing Center, which is located on the hospital's second floor. Registration is required, and the cost is \$10. Call (865) 835-4662 for more information or to register. Financial assistance with the cost is available to eligible participants.

Breastfeeding Evening Class, Monday, October 24 from 6- 8 p.m.

If you're thinking about breastfeeding, Methodist Medical Center encourages you to register now for this two-hour evening class. We meet in the West Ridge Room of Methodist Medical Center, located at 990 Oak Ridge Turnpike in Oak Ridge. You will learn more about the benefits of breastfeeding for yourself and your baby, as well as effective techniques. Handouts are provided and other suggested materials are reviewed. The fee is \$10, and financial

assistance with the cost is available to eligible participants. To register, call (865) 835-4662 or 1-800-468-6767.

Mommy2Mommy Lunch, Friday, October 28 at Noon

Mommy2Mommy Lunches give women with babies and young children an opportunity to get together in a relaxed setting. Share experiences with other new mothers, have fun and make friends. Bring your babies or young children to the Cheyenne Ambulatory Center conference room at 944 Oak Ridge Turnpike. A light lunch is served at no charge. For more information, call (865) 835-4662 or 1-800-468-6767.

Classes by Appointment

Big Brothers & Big Sisters: The Sibling Experience

The birth of a baby is exciting for everyone in the family, especially a big brother- or big sister-to-be. The Sibling Experience is for 3- to 12-year-old boys and girls in expectant families. The children have hands-on fun while learning about and preparing for the upcoming birth of a baby in their family. The fee is \$10, and help with the cost is available. The program is a 1-time event for each family, and can be scheduled by calling (865) 835-4662 or 1-800-468-6767.

Before Baby (pre-pregnancy planning)

Methodist Medical Center encourages prospective parents and community groups that work with young adults to schedule a pre-planning pregnancy class. The class helps young people make informed decisions about pregnancy and provides community organizations with valuable information. Instructors are members of the Family Birthing Center staff. There is no charge. To make an appointment, call (865) 835-2250.

One2One Childbirth

When transportation problems, language issues, and other special situations make it impossible for expectant couples to attend regular childbirth classes, the Family Birthing Center staff may see those couples by appointment. The class fee is \$30. Call (865) 835-2250 for details.

VIP (Very Important Pregnancy) Tour

If you are pregnant, Methodist invites you to a VIP Tour of the Family Birthing Center in anticipation of your Very

Important Pregnancy. The VIP Tour is valuable for women during all phases of pregnancy, especially those who are newly expectant. You will meet with a registered nurse from the Family Birthing Center who will answer your questions, tell you more about our Family Education Program, discuss pediatric care, and give you a personalized tour of the Family Birthing Center. Make an appointment through your doctor's office or call (865) 835-4662 or 1-800-468-6767.

Pre-Admission Visit

Your pre-admission visit takes place in the Family Birthing Center and is necessary if you plan to deliver your baby at Methodist Medical Center. We encourage you to schedule this visit when you are 36 weeks along in your pregnancy. You will meet with a nurse to complete the paperwork related to your admission to the hospital when you're ready to give birth, and we will answer your questions. To schedule a pre-admission visit, please call (865) 835-4662 or 1-800-468-6767.

Mommy & Me Exercise Classes

No more excuses, moms! Methodist Medical Center offers two kid-friendly exercise classes each week, and the environments are climate controlled.

Mommy & Co. Exercise, Wednesdays, 10:30-11:30 a.m.

New moms and their babies/toddlers are invited to take part in this adventure in exercise. Classes are held at the Kern United Methodist Church's Family Life Center, 451 E. Tennessee Ave., in Oak Ridge, and the class is free. Call (865) 835-4662 to learn more.

Mommy Walk/Baby Roll, Tuesdays at 9 a.m.

Put on a pair of good walking shoes and bring your child to First Baptist Church of Clinton's Family Life Center, 225 N. Main St., Clinton. You'll join other moms and their young children for walking, making friends and having fun. Call (865) 835-4662 for questions.

BodyWorks Fitness Classes

BodyWorks, a community exercise program sponsored by Covenant Health, is designed to give adults safe and effective workouts. While BodyWorks is a not-for-profit program, there is a minimum fee to help offset costs. Most classes cost \$2-3 per class, and you pay as you go. For more information about BodyWorks classes, call (865) 374-0457 or go to www.covenanthealth.com/bodyworks.

CardioMix, Tuesdays and Thursdays at 9:15 a.m.

Get a great workout! You will burn calories, increase your stamina, and tone those muscles, while going easy on your joints. We use a variety of styles to keep CardioMix interesting. We will push you moderately hard, but we don't jump or run. This class meets at First Baptist Church of Clinton, 225 N. Main St., Clinton. Bring a mat because we go to the floor for great core work. For more information call (865) 374-0457.

CALMER BODY; CALMER MIND: RELAXATION STRATEGIES

A special program for cancer patients and caregivers

Thursday, September 8

6 – 7:30 p.m.

Thompson Cancer Resource Center

Second level of Thompson Cancer Survival Center at Methodist, 102 Vermont Ave., Oak Ridge

Join Cancer Support Community program associate Denise Stillman, Ph.D, as she leads this special class to address our bodies' stress response. The program will include a brief discussion followed by a 30-minute demonstration of the relaxation procedure known as Progressive Muscle Relaxation Training.

The program is free but registration is required. Please call the Cancer Support Community at (865) 546-4661 or visit cancersupportet.org to register online.

Participants **do not** have to be patients of Thompson Cancer Survival Center to attend.



Covenant Health
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Can We Talk? Tips for Communicating with Your Doctor

A patient examination room is not the place to prepare for your next conversation with the doctor. Following are several tips that may help you get the most from that appointment:

Make a list of symptoms and health concerns that you want to discuss with your doctor. List the most urgent issues first. Take the list, along with a pad and a pen, to the appointment and jot down notes. Sometimes, it helps to take along a close friend or relative to write down information you receive from the doctor or nurse.

Speak up. Ask questions if you do not understand something the doctor has said. Feel free to express any opinions you may have about your care. If you want a detailed explanation of treatment options rather than the highlights, let the doctor know.

Ask questions, even if you feel embarrassed. Keep in mind that your doctor has heard the same types of questions from other patients and is trained to handle issues that you would not want to discuss with anyone else.

Ask your doctor for information about any new medications that he or she prescribes, including the name of the medicine; why the doctor is prescribing it; how long you need to take it; whether you should avoid certain foods, drinks or other medications while you are on the new medicine, whether you should avoid driving while taking the medication; and what side effects you might experience.

Follow up. If you have questions or concerns after the appointment, do not hesitate to call your doctor or even make another appointment, if necessary.

Need a physician?

Call (865) 835-4662 or toll-free 1-800-468-6767 to find the right physician to meet your needs. Whether you need a specialist or a primary care doctor, you can receive personal assistance in choosing the physician to best meet your needs. Or request a free copy of Methodist Medical Center's Physician Directory, and you'll always have information about these highly trained physicians right at your fingertips.



WHERE THERE'S SMOKE... THERE COULD BE **CANCER.**

Cigarettes bring together more than 50 chemicals that are known to cause cancer. In fact, lung cancer is the leading cause of cancer deaths in both men and women worldwide, and accounts for more U.S. cancer deaths than those from breast cancer, colon cancer and prostate cancer combined.


But now those at high risk, have a new weapon in the fight against lung cancer. It's called Low Dose CT screening and because of early detection, studies have shown it can lower the risk of death from lung cancer by 20% in people who are at high risk.

LDCT lung screening is one of the easiest screening exams you can have.

- The exam takes less than 10 seconds.
- No medications are given, and no needles are used.
- You can eat before and after the exam.
- You do not even need to get changed as long as the clothing on your chest does not contain metal.

And now, you can breath even easier knowing Medicare covers the cost of the Low Dose CT lung cancer screening exam.

To see if you are eligible, for this life-saving exam, call 865-835-5223.

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