

# Lung Cancer Awareness

## The Facts

Lung cancer is the leading cause of cancer deaths in the United States, among both men and women. It claims more lives each year than colon, prostate, lymph and breast cancers combined. November is Lung Cancer Awareness Month which is a national campaign dedicated to increasing attention to lung cancer issues such as smoking and inhaling second hand smoke.



respiratory infections, asthma, and namely lung cancer. In fact, secondhand smoke causes approximately 3,400 lung cancer deaths and an estimated 46,000 heart disease deaths in adult nonsmokers in the United States each year.

## What can be done to halt this public health epidemic?

1. Quit Smoking. Quitting smoking, even after smoking

for many years, can significantly reduce chances of developing lung cancer for the smoker and their family and friends.

2. Prominent organizations like the American Lung Association are working at the federal, state and local level to pass laws and implement policies that will lessen the burden of tobacco on our families, communities and nation. Arizona is one of 19 states who have passed a smoke free law which prohibits smoking in almost all public places including restaurants and bars.

## Causes

Smoking accounts for nearly 90 percent of lung cancer cases, making most lung cancer deaths preventable. The risk of lung cancer increases with the length of time and number of cigarettes a person smokes.

## How smoking causes lung cancer

Doctors believe smoking causes lung cancer by damaging the cells that line the lungs. When cigarette smoke, full of cancer-causing substances, is inhaled, changes in the lung tissue begin almost immediately. At first the body may be able to repair this damage. But with each repeated exposure, normal cells that line the lungs experience more severe damage. Over time, the damage causes cells to act abnormally and eventually cancer may develop. Lungs are full of blood vessels and lymph vessels, giving lung cancer cells easy access to travel to other parts of your body. For this reason, lung cancer may spread to other parts of the body before any signs or symptoms are detected.

Smoking causes the majority of lung cancers — both in smokers and in people exposed to secondhand smoke. Secondhand smoke, also known as environmental tobacco smoke (ETS), is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. It is involuntarily inhaled by nonsmokers, lingers in the air hours after cigarettes have been extinguished and can cause or exacerbate a wide range of adverse health effects including

## Quitting Smoking



ADOA, Benefit Options Wellness offers multiple resources and benefits for employees and health plan members to quit tobacco use and reduce the incidence of lung cancer. Research shows that combining medication therapy and counseling or group support improves quit rates. The available options include:

- \$500 lifetime allowance for tobacco aids and prescriptions
- 1 on 1, Mayo Clinic EmbodyHealth Coaching—Tobacco Quitline Advisor
- EmbodyHealth Web program—My Smoke Free Future
- Walgreens Health Initiative—Healthful Living, Tobacco Free Program

Find out more about these and other Wellness program online at

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

Sources: Mayo Clinic EmbodyHealth Web Portal:  
[www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov)  
 American Lung Association:  
[www.lungusa.org](http://www.lungusa.org)



## Don't forget your FREE flu shot!

The Center for Disease Control states that receiving a flu vaccination is the single best way to reduce the chances of contracting the flu and lessen the chance you will transmit it to others. October 1<sup>st</sup> through December 31<sup>st</sup>, Benefit Options Wellness is offering **FREE** flu shots to all benefits eligible employees and Benefit Options members (retirees, spouses, children over 9 enrolled in the State insurance)

### There are several options for participants to receive their shots:

1. State worksite events
2. Family days
3. Healthwaves public schedule
4. Centralized worksite clinics

Log on to the Wellness website for more information and a complete schedule:

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) The website has eligibility criteria, what to bring, a copy of the consent form, and all the current status information. Within the schedule, site contact information will also be provided to answer specific questions about flu shot locations. We suggest checking the schedule before attending an event, as they are subject to change.

Please note that each State agency may not have their own event, as we are combining nearby buildings and offices to make the program more efficient. For example, the Phoenix capitol mall is hosting four large events in the Wesley Bolin plaza to serve all capitol mall agencies. During the two October events in the capitol mall, Benefit Options Wellness vaccinated 2017. We hope to achieve similar success at other combined office locations.

### An ounce of prevention

In addition to receiving an annual vaccine, there are a few key strategies to help prevent contracting the flu virus. First, wash your hands frequently. Second, avoid close contact with people who have the flu virus. Third, keep your immune system functioning properly by getting adequate sleep, nutrition, and physical activity.

### Central Flu Clinics

November 13 (12pm-4pm) - Wesley Bolin Plaza

November 14 (9am-12pm) - Wesley Bolin Plaza

## Holiday Stress Prevention Tips

The holiday season is a time full of celebrations with friends and family. However, the holiday season can also bring stress due to family conflicts, finances and time constraints. The extra demands and expectations that come along with the entertaining, shopping, decorating, baking and cleaning can lead to extra stress.



### Use the following tips to help prevent getting too stressed out during the holiday season.

- Plan ahead. Make lists for gift giving and holiday meal menus so that you do not spend extra time in the malls or grocery stores searching for the perfect item. Schedule time to go to the mall and other stores so that you can make the most out of each trip.
- Learn to say no. Get a calendar to organize your holiday commitments. Having a way to quickly see all of your holiday activities at once can help you to manage your time. If the calendar has too many entries, allow yourself to say no to new commitments.
- Create a budget. Include holiday decorations, gift giving and meal preparations in your budget. This will help you to keep track of your spending so that you are not overwhelmed by debt after the hustle and bustle of the season is over.
- Watch what you eat. Holiday foods often are either heavy and rich or sweet and sugary. Eating too much of these foods can lead to feelings of lethargy. Keep some healthy snacks on hand so that you will not always be tempted by the cookies and other goodies of the holiday season.
- Exercise. It is important to stick to an exercise plan even when the holiday season kicks into full swing. The holidays can be a good time to start an exercise program. It may help to relieve stress and can help fight off extra holiday weight.
- Simplify. There is no such thing as the perfect party, decorations or holiday meal. Placing too much emphasis on the little details can cause unnecessary stress. Enjoy the holidays for what they are, a time for celebration.
- Allow time to grieve. For those who have lost loved ones, the holidays can be a painful reminder of their absence. Allow time for grieving and time for remembering. Sharing stories and shedding tears as a family can keep a person's spirit alive and strengthen family ties.
- Delegate. Do not be afraid to ask for help from family members; even children can be assigned age-appropriate decorating or baking tasks.



ComPsych Guidance Resources:  
[www.guidanceresources.com](http://www.guidanceresources.com)

2008

# Upcoming Events

## 2008 Mayo Clinic Health Assessment



### THE STATS

Since the 2008 Mayo Clinic Health Assessment Campaign kicked off on August 11th, 4060 Health Assessment questionnaires have been completed. The success of the Benefit Options open enrollment is largely to thank for the large response. People are thinking about their benefits and health and making positive changes. 409 (10%) of the Health Assessment participants have enrolled in the Mayo Clinic EmbodyHealth, 1 on 1 Coaching programs to improve their health status. Those who complete the Health Assessment may be eligible for FREE coaching in one of the following programs:

- Healthy Weight Advisor
- Tobacco Quitline
- Exercise Advisor
- Nutrition Advisor
- Stress Advisor

### FREE T-SHIRTS

Another influencing factor in this year's Health Assessment campaign is the FREE T-shirt giveaway to all participants. 5000 "Be Well, Stay Well" T-shirts were delivered to ADOA on Oct. 27th. The distribution of participants' will begin in November. The shirts will be mailed to the address provided in the incentive consent form online. Employees can expect to start receiving them by mid to late November.

### TAKE THE FIRST STEPS TO HEALTH & PRIZES

If you have not taken the health assessment, you still have time. The campaign will run until Jan. 31st. Log on to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) and complete the questionnaire today to:

1. [Receive your FREE Tshirt](#)
2. [Be entered to win \\$25](#)
3. [Be eligible for FREE coaching](#)

## Wellness Contracts Status Report

### SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th. Mobile Onsite Mammography, Healthwaves, Banner Occupational Health, and Maxim Health Systems are now under contract to provide convenient, at-work screening services. Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

#### Healthwaves

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

#### Maxim Health Systems

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

#### Mobile Onsite Mammography

- Mammography Screening

#### Banner Occupational Health

- Skin Cancer Screening

### EDUCATIONAL CLASSES STATUS:

Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be providing services. Wellness has to complete the implementation of the services/programs but is excited to offer some new options to employees. The awards are as follows:

#### Kronos Optimal Health

- Weight Management Series
- 1- hour Educational courses
- Fitness/Movement classes
- Comprehensive Health education series
- Educational Webinars

#### Back Rub Company

- 1- hour Educational courses
- Fitness/Movement classes
- Worksite massage

#### Jesse Tsao

- 8-week Tai Chi class series

*Thank you for your patience during the contracting period.*

# MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

**Call MOM at 480-967-3767 to schedule your appointment.**

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The MOM van will be parked outside the following locations:

**Nov. 10 — Phoenix, AHCCCS**  
701 E. Jefferson  
(8am—5pm)

**Nov. 20 — Phoenix, ADOA**  
100 N. 15th Ave  
(8am—5pm)

**Nov. 21 — Phoenix, ADEQ**  
1110 W. Washington St.  
(8am—12pm)

## What Services & Programs are Offered by Benefit Options Wellness?

**The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.**

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form pictured below, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request and begin scheduling your event.

**Log on Today!**

**Take advantage of the many programs and services to keep employees healthy**

Created and published by ADOA, Benefit Options Wellness Program

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Benefit Options  
**Wellness**  
Be Well Stay Well.

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