



LUNG CANCER

AWARENESS MONTH

Lung cancer is the leading cause of cancer death in both men and women in the United States, despite accounting for only about 13% of new cancer diagnoses each year. This is because lung cancer is often diagnosed at a late stage, when it is more difficult to treat. November is Lung Cancer Awareness Month, a time to raise awareness of this disease and the importance of early detection.

There are many risk factors for lung cancer, including smoking, exposure to secondhand smoke, radon gas exposure, and occupational exposure to asbestos and other carcinogens. However, even people who have never smoked can develop lung cancer.

THE SYMPTOMS OF LUNG CANCER CAN VARY, BUT THEY MAY INCLUDE:

- A persistent cough that doesn't go away
- Wheezing
- Coughing up blood
- Unexplained weight loss
- Shortness of breath
- Fatigue
- Chest pain

If you are experiencing any of these symptoms, it is important to see a doctor right away to rule out lung cancer or other serious conditions. Early detection is key to successful treatment of lung cancer. If you are at risk for lung cancer, talk to your doctor about whether you should be screened for the disease. Screening can help detect lung cancer early, when it is most treatable.

HERE ARE SOME THINGS YOU CAN DO TO REDUCE YOUR RISK OF LUNG CANCER:

- Quit smoking, if you smoke
- Avoid exposure to asbestos and other carcinogens
- Avoid secondhand smoke
- Eat a healthy diet and exercise regularly
- Test your home for radon gas

Lung Cancer Awareness Month is a time to remember that lung cancer is a serious disease, but it is also a preventable and treatable one. By taking steps to reduce your risk and getting screened if you are at risk, you can help protect yourself from this disease.

These benefits offer protection against out of pocket costs for hospital stays, emergency room, ambulance, and health screenings.

This money will be paid directly to you, and you do not need to have medical insurance to qualify.

PLAN BENEFIT	MAXIMUM
First Day Hospital Confinement	\$500 per admission
Maximum Number of Days Payable	29 days per Plan Year per Insured
Daily Hospital Confinement (Day 2 Forward)	\$200 per day
Maximum Number of Admissions Payable	Payable 1 day per Plan Year per Insured
Emergency Room Treatment	\$100 per day
Maximum Number of Days Payable	1 day per Plan Year per Insured
Ambulance Benefit	\$100 per day
Maximum Number of Days	1 day per Plan Year per Insured
Health Screening Benefit	to \$1000 per month
Maximum Number of Health Screenings	1 per month