



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

National Lung Cancer Awareness Month

National Lung Cancer Awareness Month aims to raise awareness about lung cancer, its risk factors and early detection's importance. It encourages discussions about prevention, screening and treatment options while honoring those affected by the disease. By increasing public understanding, the campaign seeks to improve outcomes and reduce the stigma associated with lung cancer.

Lung Cancer Facts

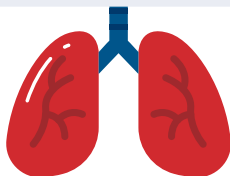
Lung cancer is the **2nd most common cancer** in both men and women.



About every **2 and a half minutes** someone in the U.S. is diagnosed with lung cancer.



Lung cancer accounts for about **1 in 5** of all cancer deaths.



In 2024, it is estimated that **234,580 individuals** will be diagnosed with lung cancer.



The survival rate for lung cancer has increased **22% nationally** over the past 5 years.

Early detection saves lives –
Learn more and request a lung cancer screening at rwjbh.org/lungscreening

Tobacco Use

Tobacco use is the leading cause of preventable death and disease in the United States. Smoking leads to disease and disability and harms nearly every organ of the body.

Tobacco use contributes to a range of severe conditions, such as lung cancer, heart disease and respiratory illnesses.

First, Second and Thirdhand Smoke

Firsthand smoke is the smoke inhaled directly into the lungs of the smoker. Secondhand smoke is the smoke exhaled from the smoker or a lit product. Thirdhand smoke is the smoke that lingers and imbeds into surfaces such as carpet, clothing, furniture, walls and other items in the smoker's environment, including their pets' fur or feathers. Pets can also ingest tobacco smoke compounds by licking their owner's hair, skin and clothes.

Nicotine Use

Nicotine use, whether through smoking or vaping, poses serious health risks. The addictive nature of nicotine makes it hard for users to quit.

Frequent use of nicotine creates changes in the way the brain works in relation to self-control, stress and learning. Long-term changes can lead to addiction and withdrawal symptoms when a person is not smoking. The rapid delivery of nicotine through vaping can foster dependency more quickly than traditional methods, making cessation more challenging.

Nicotine poisoning is also a severe concern for pets, not only when nicotine is inhaled but also when it's ingested. Nicotine can be toxic, even in small doses, and pets may ingest nicotine by eating cigarette or cigar butts, drinking nicotine refill liquid, chewing on nicotine refill canisters for electronic nicotine delivery devices or chewing on the devices themselves.

Oral Nicotine Pouches (Zyn)

Oral nicotine pouches are small, permeable pouches that contain nicotine. The pouches are placed between the lip and the gum, allowing nicotine to be absorbed through the lining of the mouth. The pouches do not contain tobacco, just the nicotine powder. Each pouch contains between 3 mg to 8 mg of nicotine. A 3 mg oral nicotine pouch is equivalent to the amount of nicotine inhaled in two cigarettes.

Use of oral nicotine pouches can cause nicotine addiction, mouth and gum irritation, gum recession and tooth decay. They are not FDA-approved for any use, including as a way to stop using other tobacco and nicotine products.

Youth Use

Youth nicotine and tobacco use is particularly concerning due to its detrimental effects on brain development, which can lead to lasting cognitive and behavioral issues. Early exposure increases the risk of addiction, making it more likely for young users to develop lifelong habits.

Nicotine can exacerbate mental health challenges, such as anxiety and depression. Vaping nicotine lowers impulse control, negatively impacts sleeping, leads to poor concentration, causes extreme mood changes and permanently alters the wiring of the brain.

People who start smoking at an early age are more likely to develop a severe addiction to nicotine than those who begin at a later age. Of adolescents who have smoked at least 100 cigarettes in their lifetime, most of them report that they would like to quit but are not able to do so.

The Great American Smokeout Day - November 21, 2024

Great American Smokeout Day is an annual event held on the third Thursday of November. It encourages smokers to quit smoking and supports tobacco and nicotine cessation efforts.

It raises awareness about the dangers of smoking and highlights resources available for those seeking help to quit. The initiative is crucial in reducing smoking and promoting healthier lifestyles nationwide.

The RWJBarnabas Health Institute for Prevention and Recovery's Nicotine and Tobacco Recovery Program can help individuals quit smoking or vaping through support services.

Learn more at rwjbh.org/quitcenter.

