



Michigan Cancer Consortium Tool of the Month

November is National Lung Cancer Awareness Month

- [Article](#) – sample lung cancer awareness article for MCC member organization employee newsletters
- [Data](#) – quick, ready-to-use lung cancer stats and sources
- [Resources](#) – lung cancer AND tobacco dependence treatment resources including MCC exclusive products for MCC member and stakeholder organizations
- [Quit Smoking Medication Fact Sheet](#)- information about prescription tobacco cessation medication for those covered by Medicaid and/or Medicare.
- [Social media](#) – ready-to-use lung cancer awareness posts and tweets

Sample article for MCC member and stakeholder organization employee newsletters

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November is Lung Cancer Awareness Month

What You Should Know About Lung Cancer Screening, Quitting Tobacco, and Radon

November is Lung Cancer Awareness Month and people should be aware of a newer lung cancer screening test, good ways to quit tobacco, and also know about radon. This is because lung cancer accounts for more deaths than any other cancer in both men and women in the United States and Michigan. In 2017, it is estimated that there will be 8,190 new cases, and 5,650 people will die of lung cancer.

If you are a current or former heavy smoker and 55 to 80 years of age, talk to your doctor about [lung cancer screening](#) including its benefits and risks. Lung cancer screening, with low-dose CT scans, has been proven to reduce deaths from lung cancer. As part of this, contact your health insurance company to find out your coverage and any costs you would have in relation to lung cancer screening.

Cigarette smoking causes, by far, most lung cancer deaths in both men and women. Quitting smoking is not easy, so seeking help is important. If you smoke, aim to quit and:

- 1) Talk to your healthcare provider
- 2) Visit the [Michigan Tobacco Quitline](#) website for information
- 3) Call the Michigan Tobacco QuitLine at 1-800-QUIT-NOW (784-8669) for free help over the phone
- 4) Visit the [American Lung Association's website](#)
- 5) [Quitting tobacco information and resources](#) – for people seeking help in quitting tobacco

Radon is a radioactive gas that cannot be seen, smelled, or tasted. It is a natural substance that can be found in the dirt and rocks beneath a house. It can enter homes. Exposure to radon is the second leading cause of lung cancer in the United States (US), after smoking. Radon-related cancers are responsible for an estimated 21,000 deaths annually in the US. Risk is determined by such things as how much radon is in your home, or other indoor environment, the amount of time you spend in that environment, and whether you smoke or have ever smoked. Have you had your home tested for radon? [Read more about radon.](#)

In the U.S., lung cancer case and death rates are higher among African American males when compared to White males. Lung cancer case and death rates in Michigan are higher among men when compared to women and higher among African American males when compared to White males.

Data and Data Resources – Lung Cancer

Quick data:

- **U.S.**
 - It is estimated that 222,500 cases of lung cancer will occur in 2017
 - It is estimated that there will be 155,870 deaths from lung cancer in 2017
Source: American Cancer Society Facts and Figures 2017

- **Michigan**
 - Incidence
 - In 2014, the age-adjusted invasive lung cancer incidence rate in Michigan was: 63.4 per 100,000
 - There were 7,814 cases of invasive lung cancer in 2014
 - Mortality
 - In 2015, the age-adjusted invasive lung cancer mortality rate in Michigan was 45.0 per 100,000
 - In 2015, there were 5,602 deaths due to lung cancer
Source of Michigan Cases Diagnosed: Michigan Resident Incidence File. Updated with cases processed through November 30, 2016. Division of Vital Records & Health Statistics, Michigan Department of Health & Human Services.
Source of Michigan Death Data: 1985-2015 Michigan Resident Death Files, Division of Vital Records & Health Statistics, Michigan Department of Health & Human Services.
 - 2017 Projections
 - It is estimated that there will be 8,190 cases of lung cancer
 - It is projected that 5,650 people will die as a result of lung cancer
Source: American Cancer Society Facts and Figures 2017

Health disparities: See the following fact sheet for information on lung cancer health disparities:

- [Lung Cancer Fact Sheet](#)

National, State, and Local Data Resources:

- Lung Cancer Fact Sheets
 - [Consumer](#)
 - [Provider](#)
- American Cancer Society
 - [Facts and Figures 2017](#)
 - [Estimated Number of New Cancer Cases & Deaths by State for 21 Cancer Sites, 2017](#)
 - [Michigan Cancer Surveillance Program](#)
Readily available and accessed Michigan and county-level data
- [State Cancer Profiles](#) (National Cancer Institute and Centers for Disease Control and Prevention)

Resources for MCC members including providers and their staff

Michigan Tobacco Quitline

- Call 1-800-QUIT-NOW (784-8669) for **free** help in quitting tobacco

Tobacco Dependence Treatment Resources for Patients and Providers

Quitting tobacco information and resources that will help both providers and patients – whether you're a provider counseling patients to quit or a person who is seeking help quitting tobacco

http://www.michigancancer.org/PDFs/Resources/TobDepTXResourcesPT_PV.pdf

MCC Position Statements:

- **Providers**
 - [Lung Cancer Screening: Low-Dose Spiral CT Scan](#)
- **Consumers**
 - [Lung Cancer Screening for Smokers and Former Smokers](#)

Lung Cancer Screening References and Resources: For Providers and Patients

- [Providers](#)
- [Patients](#)

Facts About Lung Cancer

- [Health Professional Fact Sheet](#)
- [Consumer Fact Sheet](#)

Lung Cancer Early Detection Resources for MCC Members and their Patients ([brief video](#) outlining resources developed by the MCC Lung Cancer Early Detection Workgroup in 2014)

Michigan Department of Health and Human Services Tobacco Section

- [Improving Health by Reducing Tobacco Use](#)

Quit Smoking Medication Fact Sheet

I have Medicaid and Medicare. What medicines are covered to help me quit smoking?

When you have both Medicaid and Medicare you have even more options to help you quit. Medicaid and Medicare each cover medicines **with a prescription**.

- **Medicare** pays for these prescriptions for quitting:
 - Nicotine replacement medications:
 - nicotine inhaler
 - nicotine nasal spray
 - Medications without nicotine:
 - Bupropion
 - Varenicline
 - Clonidine
 - Nortriptyline
- **Medicaid** pays for some over-the-counter medications for quitting tobacco. **You will still need a prescription.** (The pharmacy needs the prescription in order to bill Medicaid.) Medicaid covers these nicotine replacement products:
 - Nicotine patch
 - Nicotine gum
 - Nicotine lozenge

I have a prescription for a quit smoking medication. What do I do now?

- If you have a prescription for the nicotine inhaler, nasal spray or any of the pills, your health care provider will send it to your pharmacy. They will bill Medicare automatically.
 - Call the pharmacy to check if the medication is in stock before going to pick it up. The nicotine inhaler and nasal spray often must be ordered. It may take a few days before you can pick them up.
- If you are going to use the nicotine patch, gum or lozenge, you also need a prescription. Your health care provider will need to call to let the pharmacy know that this prescription needs to be billed to your Medicaid plan *instead of Medicare*.
 - Make sure to bring your Medicaid ID card with you to pick up the prescription.
 - Bring this fact sheet too.

Social Media – Quick Posts and Tweets

Sample Tweets

- Are you, or have you been, a heavy smoker and are 55-80 years of age? Talk with your doctor about #lungcancer screening.
- Current or former heavy smoker & 55-80 years of age? Talk with your doctor about [#lungcancer screening](#)
- This #lungcancer awareness month, help prevent #lungcancer by not smoking. Call 1-800-QUIT-NOW (784-8669) for free help.
- Lower your risk of #lungcancer by quitting tobacco. Get free help at Michigan Tobacco Quitline 1-800-QUIT-NOW (784-8669)
- Radon is the second leading cause of #lungcancer – [learn more](#) about it and how to reduce your risk
- The [Great American Smokeout](#) is Nov 16 – use it to make a plan to #quittobacco or to plan in advance to #quittobacco that day.

Sample Facebook posts:

- Do you know someone who smokes or did smoke in the past? People may be at higher risk of lung cancer if they are current or former heavy smokers and are 55-80 years of age. They should talk with their doctor about the benefits and risks of [lung cancer screening](#).
- November is Lung Cancer Awareness Month. Smoking causes the majority of lung cancer deaths. If you smoke, aim to quit – here are some ways that are sure to help you: Talk to your doctor, go to www.michigan.gov/tobacco for resources on how to quit smoking, contact the Michigan Tobacco QuitLine at 1-800-QUIT-NOW (784-8669) for free help over the phone
- Lower your risk of lung cancer: don't smoke and if you do smoke, [quit](#); avoid secondhand smoke; and get your home tested for [radon](#)
- The Great American Smokeout is November 16. Use this date to make a plan to quit, or to plan in advance and quit smoking that day. [Learn more about quitting tobacco](#).