



News from the Somerset County Board of Chosen Freeholders

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November is Lung Cancer Awareness Month

Cancer Coalition activities planned

SOMERVILLE – The Somerset County Board of Freeholders, along with the Somerset County Cancer Coalition (SCCC) and its partners, is recognizing November as Lung Cancer Awareness Month in Somerset County. Several activities are planned throughout the month.

“We are committed to increasing awareness about lung cancer,” said Freeholder Deputy Director Jack M. Ciattarelli, health department liaison. “It’s critically important that we not only recognize the dangers of smoking and second-hand smoke, but do something about them. Equally important is the need to detect cancer at earlier, less dangerous stages and decrease exposure to radon to reduce the incidence of lung cancer, especially in children.”

Radon is the leading cause of lung cancer in nonsmokers and the second-leading cause of lung cancer in general. For smokers, the risk of developing lung cancer is increased dramatically if they also are exposed to excess radon. According to the SCCC, lung and bronchus cancers are the No. 1 cause of cancer-related fatalities in Somerset County.

The Somerset County Health Department will be offering radon kits to residents at a reduced rate of \$5, starting in November. Residents can contact the health department at 908-231-7155 or via e-mail at health@co.somerset.nj.us for more information.

Also, Somerset Medical Center (SMC), a SCCC partner, with funding from the N.J. Department of Environmental Protection, will be offering free radon kits to new mothers and homeowners. The kits will be given to expectant mothers taking maternal-child health classes at the hospital.

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Additionally, the medical center's HealthTalk TV show will feature lung cancer and smoking cessation topics throughout November. The show is on Piscataway Community Television and may be seen on Channel 15 on Cablevision and Channel 40 on Verizon Fios. The show will air Mondays at 1 p.m., Wednesdays at 10:30 p.m. and Thursdays at 8:30 p.m.

Also, Somerset Medical Center will have a display in its lobby at 110 Rehill Ave. on Thursday, Nov. 19, from 9 a.m. to 2 p.m. The display is in recognition of the American Cancer Society Great American Smokeout, and the one-year anniversary of the hospital becoming a smoke-free campus. The medical center also will provide carbon-monoxide screenings for smokers.

The Somerset Council on Alcohol and Drug Dependency (SCADD), another Coalition member, will be at the SMC display to introduce the Helpers Program, which is open to teens and adults. The program offers information, training and support to individuals interested in helping someone quit smoking. To learn more about the Helpers Program or about training, contact Stephanie Simmons of SCADD at 908-722-4900 or e-mail somersetCPTFNJ@somersetcouncil.org.

Also, the Somerset County Health Department will have a display of educational resources in the lobby of the county administration building, located at 20 Grove St., starting Nov. 9.

The Somerset County Cancer Coalition is made possible by a grant from the New Jersey Department of Health and Senior Services' Office of Cancer Control and Prevention. The Coalition encourages residents to test for radon and provide a smoke-free environment for their families. The Coalition provides smoking cessation assistance and radon information to county residents.

For more information on the SCCC, to become a member or learn about available cancer-screening locations, dates, times and eligibility, contact SCCC Coordinator Lucille Young-Talbot at 908-203-6077 or ytalbot@co.somerset.nj.us. Information also is available on the Somerset County Health Department Web site at www.co.somerset.nj.us/health by selecting the Cancer Coalition from the "County Health Promotion & Wellness Activities" drop-down listing.

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