



# ACPed's Parent Talk

*Keeping parents up to date on the latest news in child and teen health*

## January is Radon Action Awareness Month

According to the [CDC](#) (1), **Radon is the second leading cause of lung cancer after cigarette smoking.** In fact, it is responsible for 15,000 to 22,000 lung cancer deaths each year in the US and can be found in 1 in 15 homes all around the United States. **Children are the most susceptible to (and the most at risk for) dangers associated with Radon gas.**

### What Is Radon?



A naturally occurring, radioactive gas proven to cause lung cancer



Comes from natural radioactive decay of uranium, which is found in all rocks and soil



Radon can also be found in water

(2)

In addition to testing your home for Radon, the [CDC](#) (3) suggests that you take the following actions to reduce high radon levels in your home and to protect yourself and your family from an increased risk of lung cancer:

1. **Do not smoke and discourage smoking in your home.** Smoking significantly increases the risk of lung cancer from radon and second hand smoke can cause numerous health problems in infants and children, including more frequent and

severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).

2. **Increase airflow in your house by opening windows and using fans and vents to circulate air.** Natural ventilation in any type of house is only a temporary strategy to reduce radon.
3. **Seal cracks in floors and walls with plaster, caulk, or other materials designed for this purpose.**
4. **If you are buying a new home, ask about radon resistant construction techniques** because it's almost always cheaper and easier to build these features into new homes than to add them later.



According to Canada Research Chair for Radiation Exposure Disease [Aaron Goodarzi](#) (5), "testing your home for radon gas is an effective prevention strategy and radon is one of the most easily eradicated causes of lung cancer."

The Champaign-Urbana [Public Health District of Illinois](#) (6) is encouraging people to test their homes for Radon gas by offering Radon testing kits for \$5. The [California Department of Public Health](#) (7) is offering households free radon testing kits.

According to the [EPA](#) (8), the cold winter months are the best time to test for this odorless and colorless gas. [Click here](#) (9) for information on finding a Radon Test Kit and locating a Mitigation Professional.



## Why Family Work Should Be A Priority

#WeeklyBlogPost

**When your children help out with family responsibilities, you're helping them learn to think outside themselves and to take care of the people around them.**



***When you help your kids learn to complete jobs around the house, they can take pride in their work. This in turn helps your kids feel competent, confident, and capable. For more benefits on making family work a priority in your home,***

**[CLICK HERE](#) (10) and please, leave a comment!**

***We love to hear from our readers and hope to receive your feedback!***

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*Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.*

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1. <https://www.cdc.gov/features/protect-home-radon/index.html>
2. <https://naturalon.com/wp-content/uploads/2017/06/RadonGraphic-1.jpg>
3. <https://www.cdc.gov/features/protect-home-radon/index.html>
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5. <https://theconversation.com/have-you-tested-your-home-for-cancer-causing-radon-gas-87906>
6. <https://will.illinois.edu/news/story/public-health-officials-want-homeowners-to-test-for-radon>
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8. <https://www.epa.gov/radon/national-radon-action-month-information>
9. <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>

10. <https://www.acped.org/3-reasons-why-family-work-should-be-a-priority>
11. [https://visitor.r20.constantcontact.com/manage/optin?v=001\\_vy7mr9zh8wyioud36znioqc0fzotqsl&id=preview](https://visitor.r20.constantcontact.com/manage/optin?v=001_vy7mr9zh8wyioud36znioqc0fzotqsl&id=preview)