

**BROOKLAND FOUNDATION**  
"Moving Mountains for Community"  
Health and Wellness Program  
Project Breathe Easy

**SOUTH CAROLINA CANCER ALLIANCE**

Every Year 200,000 PEOPLE are diagnosed with Lung Cancer and 150,000 die.

Cigarette Smoking is the #1 Cause of Lung Cancer.

AFRICAN AMERICAN MEN HAVE THE HIGHEST RATES OF LUNG CANCER IN THE U.S.

LUNG CANCER SCREENING SAVES LIVES

**ITS NEVER TOO LATE TO QUIT**

Call us for more information on lung cancer screening and resources available to help you quit.

803.744.7914 www.BrooklandFoundation.org Like us on facebook.



**PROJECT BREATHE EASY**

**BROOKLAND FOUNDATION**  
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Join the Movement!  
Become A Partner In the Fight To End Lung Cancer

*Three Easy Ways to Get Involved!*

**Host A Breathe Easy Forum**  
Host an in-person or virtual event to raise awareness about the impact of smoking, encourage participation in smoking cessation programs, and encourage lung cancer screening.

**Host A Marketing Campaign**  
Disseminate Project Breathe Easy information through your organization's meetings, bulletins, newsletter, website, and virtual service about the impact of smoking and help end nicotine addiction by helping people quit.

**Host A Screening Registration Drive**  
Launch a lung cancer screening registration campaign to promote early detection.

*Three Ways To Get Started Today!*

**1 Visit Us Online**  
Visit us online at [www.BrooklandFoundation.org](http://www.BrooklandFoundation.org) to register your organization and download the Project Breathe Easy Packet.

**2 Email Us**  
Email [foundations@brookland.cc](mailto:foundations@brookland.cc) to receive more information, register your organization or to request a Project Breathe Easy Packet.

**3 Give Us A Call**  
Call the Brookland Foundation at 803-744-7914, to request more information, register your organization or request a Project Breathe Easy Packet.

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## Smoking Prevention:

A Message to Parents ~ E-Cigarettes: <https://youtu.be/B-fDY58wngk>

E-Cigarette Use ~ Youth and Young Adults: <https://youtu.be/JPnDkHBFDEo>

## Youth and Teens Smoking and Vaping Campaign – Training Modules

Find out more about Smoking and Vaping by completing the awareness training below:



<https://www.livebinders.com/play/play?present=true&id=3038883>

## Have you thought about STOPPING?

*Let the Brookland Foundation and our partners help you get it done!*

Reasons to Quit: <https://youtu.be/kyLhO4vGcGY>



**FREE classes and FREE Smoking Products to all participants.**

- **In-Person Classes:** Lexington Medical Center offers classes at several locations. Click the link below for more information.

## Smoking Cessation Classes

Lexington Medical Center offers free smoking cessation clinics to the public. Quit smoking with the support of this **free program** that meets at various Lexington Medical Center locations throughout the year. The Freedom from Smoking program consists of eight two-hour sessions and boasts a 56 percent quit rate (compared to the national average of 17 to 23 percent).



<https://www.lexmed.com/about/media-news/detail/417/lexington-medical-center-offers-free-smoking-cessation-classes>

**MEN'S HEALTH:  
TIPS TO QUIT SMOKING**

NYC  
HEALTH+  
HOSPITALS

**SEEK  
SUPPORT**

**COMMIT TO  
QUITTING**

**CURB  
CRAVINGS**

**DISTRACT  
YOURSELF**

Talk to your doctor about how you can quit smoking today.

- **Flexible Online/Phone Classes:** The SC DHEC offers sessions that are flexible for work or family schedules that may not allow in-person classes. Click the link below for more information.



[https://scdhec.gov/health/tobacco-use-prevention/south-carolina-tobacco-use-data/sc-tobacco-quitline-800-quit-now#:~:text=The%20SC%20Tobacco%20Quitline%20\(1,gum%2C%20or%20lozenges%20are%20available](https://scdhec.gov/health/tobacco-use-prevention/south-carolina-tobacco-use-data/sc-tobacco-quitline-800-quit-now#:~:text=The%20SC%20Tobacco%20Quitline%20(1,gum%2C%20or%20lozenges%20are%20available)

## Facts to Consider





# Should I Be Screened for Lung Cancer?



You may be eligible for a free lung cancer screening if you meet **ALL** the following criteria:


- Are between the ages of 55 and 77
- Are a current smoker or have quit within the past 15 years
- Have smoked at least one pack a day for 30 years or two packs a day for 15 years
- Have no signs or symptoms of lung cancer.

**Click here to sign up for a Lung Cancer Screening at Lexington Medical Center:**

<https://www.lexmed.com/medical-services/cancer-center/early-detection/lung-cancer-screening>


**MMWR** | **LUNG CANCER SCREENING SAVES LIVES**

**Lung Cancer is #1 Cause of Cancer Deaths**




**Screening with low dose CT\* can detect lung cancer early and save lives**

**More Screening is Needed**



**7 of 8** adults who met **screening criteria** did not report recommended screening

**Healthcare Providers: Discuss Screening**



**With Adults**

- ✓ Age 55–80
- ✓ Heavy smoking history\*\*
- ✓ Smoke now or quit within the past 15 years

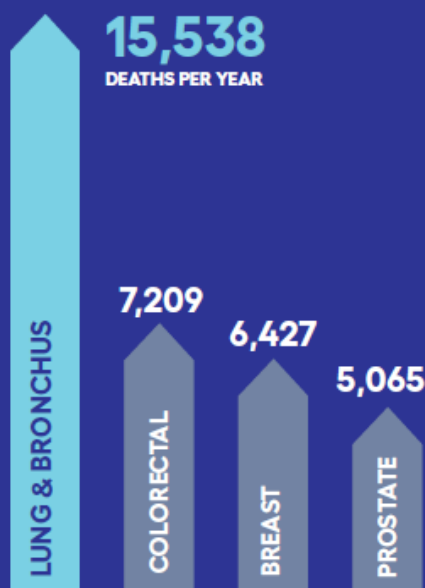
\*Low-dose computed tomography (CT) is the only test recommended by the US Preventive Services Task Force.  
\*\*Heavy smoking is a smoking history of 30 pack-years or more. A pack-year is smoking an average of one pack of cigarettes per day for one year.  
Data from BRFSS, 10 states in 2017, as reported in Richards et al, MMWR 2020 Read the full report: [bit.ly/CDCVA34](https://bit.ly/CDCVA34)

**WWW.CDC.GOV**

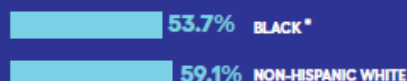
# Lung Cancer and Black Americans



Lung Cancer is the Leading Cause of Cancer Deaths Among Black Americans

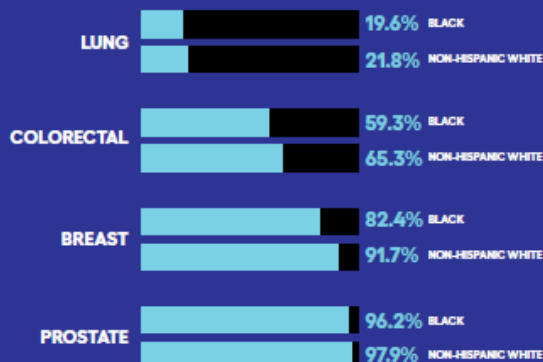


INCIDENCE RATE  
(2014-2018 PER 100,000 OF POPULATION)



5-year survival is worse in black patients despite having a lower incidence

FIVE YEAR RELATIVE SURVIVAL RATES  
(2011-2017)



\* Data for Black race includes both Hispanic and Non-Hispanic Ethnicities  
Howlander N, Noone AM, Krapcho M, Miller D, Brest A, Yu M, Ruhl J, Tatalovich Z, Mariotto A, Lewis DR, Chen HS, Feuer EJ, Cronin KA (eds). SEER Cancer Statistics Review, 1975-2017. National Cancer Institute, Bethesda, MD; [https://seer.cancer.gov/csr/1975\\_2017/](https://seer.cancer.gov/csr/1975_2017/), based on November 2019 SEER data submission, posted to the SEER web site, April 2020.

SEER\*Explorer: An interactive website for SEER cancer statistics [Internet]. Surveillance Research Program, National Cancer Institute. [Cited 2021 April 15]. Available from <https://seer.cancer.gov/explorer/>.



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3-Tiered Approach



SOUTH CAROLINA  
CANCER ALLIANCE

Prevention

Cessation

Screening