

**ISDH Long Term Care
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November is Lung Cancer Awareness Month

November 14, 2011

INDIANAPOLIS-November is Lung Cancer Awareness Month and state health officials urge people to learn more about lung cancer and its risk factors. Americans die of lung cancer more than any other type of cancer. In fact, 4,166 men and women in Indiana died from lung cancer in 2008, the most recent year with a full data set.

Smoking is the most well-known and greatest risk factor for developing lung cancer. The longer you smoke and the more packs a day you smoke, the greater your risk for developing the disease. It is thought that 87 percent of lung cancer deaths are caused by smoking. A person's best defense against developing lung cancer is to never begin smoking, but current smokers can greatly reduce their risk of lung cancer by quitting. Avoiding places where smoking is allowed is also helpful.

"People who quit smoking before the age of 50 cut their risk of dying in the next 15 years by half compared to those who continue to smoke," said State Health Commissioner Gregory Larkin, M.D. "The Indiana Tobacco Quitline is a great resource for smokers of all ages. By simply calling 1-800-QUIT-NOW, Hoosiers who smoke are provided with resources and support to help them quit for good."

The effects of quitting smoking begin immediately. In fact, within 20 minutes, blood pressure and pulse return to normal levels. Within 72 hours, the chance of a heart attack drops and sense of smell and taste begin to return. Within three months, lung capacity increases. Within one year, risk of heart attack is cut in half. And within five years, heart disease rate drops to that of a non-smoker.

Secondhand smoke can also increase your risk for developing lung cancer. A non-smoker who lives with a smoker has about a 20 to 30 percent greater risk for developing lung cancer.

"The first question many people with lung cancer are asked is 'did you smoke?'" said Dr. Richard Freeman, Director of Thoracic Surgery and Medical Director of Cancer Care for St. Vincent Hospital and board member for the American Lung Association in Indiana. "The reality is that there are smokers and nonsmokers with lung cancer. There are individuals who quit smoking 20 years ago that are now facing the diagnosis of lung cancer. It doesn't matter how the disease formed in their bodies; what matters is that they are treated with compassion and have hope for a cure."

Other risk factors for lung cancer include exposure to carcinogens like asbestos, radon and air pollution.

As part of the Lung Cancer Awareness Month, the 36th Annual Great American Smokeout will be

celebrated on November 17. There are many events that are scheduled around the state on November 16 and 17. Some of the events include:

- * Crawfordsville Smoke Free has partnered with the American Cancer Society, Pizza Hut and the local radio stations. From 11 a.m. to 2 p.m. on November 17, Pizza Hut in Crawfordsville, which was the first chain restaurant to go entirely smoke free in the city, will give a free buffet lunch to smokers who turn in a cigarette, and register to quit by calling the Indiana Tobacco Quitline or by making an appointment with a Quit Smart Counselor.

- * The Tobacco Free Partnership of Tippecanoe County is partnering with the Purdue University student chapter of the American Cancer Society and will be encouraging people to trade in a pack of cigarettes for a cold turkey sandwich on November 17 at the Purdue University campus.

- * The Howard County Mayor's Youth Council/VOICE will be at the Markland Mall on November 16 from 4 to 8 p.m. A costumed turkey will be asking people to "Go Cold Turkey" in exchange for a coupon for a turkey sub.

For more information regarding lung cancer, visit the American Lung Association of Indiana at www.lungin.org and the American Cancer Society at www.cancer.org.

To learn more about the resources available to you to quit smoking or become a Quit Buddy to help a friend or loved one quit, visit www.QuitNowIndiana.com.

To make a difference in cancer control in Indiana, please go to www.indianacancer.org and become a member of the Indiana Cancer Consortium (ICC). The ICC is a statewide network of public and private organizations whose mission is to reduce the burden of cancer in Indiana through the development, implementation, and evaluation of a comprehensive plan that addresses cancer across the continuum, from prevention through palliation.

CMS Update

Smoking Safety in Long Term Care Facilities

The Centers for Medicare and Medicaid Services (CMS) has issued [Survey and Certification Letter 12-04-NH](#). The letter discusses smoking safety in nursing homes. The guidance reviews current interpretive guidelines for F323 and reemphasizes adequate supervision of all residents. The letter discusses facility obligations and indicates that facilities must include assessment of smoking areas and provision of emergency equipment in the designated smoking areas. Facilities should also document the means by which individual residents are assessed as safe to smoke without supervision. Finally, the letter discusses known hazards concerning oxygen use and smoking.

QIS Update

The Centers for Medicare and Medicaid Services (CMS) also recently released Survey and Certification Letter 12-02-NH. The letter discusses the rollout of the Quality Indicator Survey (QIS) process in remaining states. In its letter, CMS indicates that they are delaying the timetable for new States to implement QIS. This schedule change will not impact those States that have already begun or have fully implemented the QIS.

The delay will not effect the rollout of the QIS process in Indiana. QIS training and implementation in Indiana will continue on schedule. Indiana began training in January 2011 and has completed training of state trainers along with one survey team from each area. Because of the number of holidays in November and December, the ISDH will not be beginning another training class this year. The next two teams will begin QIS training on January 9. The ISDH expects training to move very quickly next year. Our goal is still to complete training by the end of 2012.



That is all for today.

Terry Whitson
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