

Are You at Risk for Lung Cancer or Mesothelioma?



Few medical diagnoses are more frightening than lung cancer. It is currently the second most common cause of death from cancer after breast cancer, with an estimated 228,150 new cases yearly. Lung cancer alone accounts for almost 25% of all cancer deaths — more than breast, prostate, and colorectal cancers combined. The most common risk factors for lung cancer are:

1. Asbestos exposure. Exposure to asbestos puts you at a greater risk of developing mesothelioma, a type of cancer that starts in the lining surrounding the lungs. Asbestos fibers are incredibly sharp, thin and tiny. When a product that contains asbestos is moved, the fibers enter

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the surrounding air. People can inhale these fibers without even realizing it.

The occupations most at risk for developing malignant mesothelioma are firefighters, construction

workers, automotive workers, industrial and power plant workers, and shipyard workers.

- 2. Smoking.** Smoking, including cigarette, cigar and pipe smoking, is thought to be responsible for 80% of all lung cancer diagnoses. And while heavy smokers are at the highest risk, any amount of smoking is the wrong amount. Vaping also falls under this category.
- 3. Secondhand smoke.** Fortunately, awareness of secondhand smoke as a risk factor has increased in recent decades. Even if you don't smoke, your risk of lung cancer increases if you are around others who do.
- 4. Radon gas.** Test kits, available at home improvement stores, can help determine whether unsafe levels of

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Letter From Jan

It's the most wonderful time of the year — or so the song goes, celebrating time spent with family, great

food, presents under the tree, and happy children. That's true for many of us — but even though it's also the busiest time of the year, please take some time this season to check in on those friends and family members who may be shut in, lonely or depressed. Even a text or a phone call to show you're thinking about them can make both their day and yours.

So many holiday celebrations! One of our favorites is Winterfest in Downtown Parkersburg. Free and open to the public,

this yearly event includes music, train rides, lots of kid-friendly activities — and, of course, Santa. Followed by the Tree Lighting and fireworks, it's always a great way to get your little ones in the holiday spirit.

Driving is the most popular way to travel during the holidays — but it can also be the most dangerous. While distracted driving is the cause of most deadly crashes, alcohol-related accidents are more common during the holidays. Holiday parties and festive libations cause 16% of adults to drink more this time of year. Combine increased travel with alcohol, and the roads get more treacherous. Let's be careful out there.

From our family to yours, we at Jan Dils, Attorneys at Law, want to wish you and yours a happy *and safe* holiday season!

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and results.



Mindful MATTERS

How to Stay Calm During the Holidays

Here are some ideas on how to stay calm at Christmas — and some tips to ease stress and help you enjoy the holidays.

1. Get organized. Christmas is a wonderful time of year, but it can be overwhelming. Lists can help a lot. Start early by making a list of the presents you need to buy, then try to buy them early. Make another list of all the ingredients you need for your holiday meals and how you're going to prepare each dish, along with timings.

2. Practice self-care and carve out time for yourself. Remind yourself that self-care isn't selfish. One of the most important features of self-care is that it's time for yourself. Take a break from your To-Do list and curl up with a good book or a bubble bath, if that's what you like. A good nap can feel like a mini-vacation.

3. Listen to your body. You know your body better than anyone else, so pay attention to what it's saying to you:

- Don't overindulge when your body is saying "no more."
- If you feel tired, take a nap (see above).
- If you need some downtime, practice saying "no."

4. Declutter your home. Less external clutter means less internal clutter. Adding holiday clutter to the usual everyday household clutter often increases the stress. Try to make extra space at home in the lead-up to the holidays.

5. Get outside. Go for a walk, feel the fresh air and move your body. Nature has a calming influence, and it can be a good antidote to a busy, festively chaotic home.

6. Set boundaries. There are many ways to set boundaries, but maybe the most important is saying "no." Saying no to an invitation, opportunity or activity doesn't mean you'll never do it — it could just mean no for now. It's more about saying "yes" to what's important to you, like time with the kids or meeting that work deadline so you're work-free for Christmas. Say no,

without feeling guilty.

7. Delegate. Repeat after me: I do not have to do everything myself. Everyone in my home can contribute and help in different ways.

8. Forget perfection. Forget the "perfect" Christmas. Focus on a few, simple traditions to build those special memories and give yourself the gift of less (stress) to have more (ease, joy, calm, magic and meaning).

Source: www.balancethroughsimplicity.com/how-to-stay-calm-at-christmas-tips-to-ease-stress-and-enjoy-the-holidays

EMPLOYEE SPOTLIGHT

Rebecca Bugg, VA Leads Specialist

Rebecca has been with the firm since November 2021. When asked who she most admires, she named her two sisters for their strength and for being great mothers and friends. For her bucket list, Rebecca would love to see as many national parks as she can, go on a cruise for the first time, and grow old with her husband. Her favorite stress-reducers are walking, hiking, and enjoying the great outdoors. Like many of us, her favorite guilty pleasure is binge-watching TV while lounging on the couch.





Parents Beware: Could Your Child Have an Eating Disorder?

Eating disorders are complex mental health diagnoses that often manifest as a result of multiple environmental or emotional factors.

However, poor body image is a known risk factor for developing an eating disorder. Social media, particularly Facebook and Instagram (both owned by Meta Platforms, Inc.), are known to influence body image, particularly in young teens: It is estimated that 94% of all teens worldwide use social media. Depending on the accounts a teenager follows, they may constantly be exposed to content about health and fitness. These pages and influencers may promote the thin ideal and disordered eating patterns in order to achieve certain fitness and appearance goals.

In fact, one of the most common eating disorders, anorexia, manifests in direct response to an intense fear of becoming fat. People who struggle with this eating disorder severely limit how much food they eat; they also may try to exercise constantly.

Anorexia can cause a variety of symptoms. Be aware if your child has:

- Low body weight
- Extreme fear of becoming fat
- Excessive physical activity
- Denial of hunger
- Dehydration
- Chronic stomach pain or constipation
- Lethargy or fatigue
- Withdrawal from social situations

- Irritability and mood swings
- Depression
- Actual or attempted self-harm
- Suicidal thoughts or actions

For a complete list of anorexia symptoms, visit: www.hopkinsmedicine.org/health/conditions-and-diseases/eating-disorders/anorexia-nervosa

It is estimated that 94% of all teens worldwide use social media.

Bulimia is another serious, potentially life-threatening disorder. People with bulimia may secretly binge – eating large amounts of food – and then purge, trying to get rid of the extra calories by vomiting or using laxatives or diuretics. For a complete list of bulimia symptoms and complications, visit:

www.mayoclinic.org/diseases-conditions/bulimia/symptoms-causes/syc-20353615

Anorexia and bulimia are very harmful and can lead to serious complications such as:

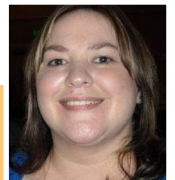
- Anemia
- Heart problems, such as irregular heartbeat or heart failure
- Kidney problems
- Lack of menstruation in women
- Low testosterone in men
- Bone loss
- Anxiety, depression, personality disorders or bipolar disorder
- Death

If your child was born after 1995, used Facebook or Instagram daily or weekly before October 2021, and has experienced an eating disorder, self-harm, or suicidal thoughts, seek medical attention immediately. Then call us at **833.534.3577** or contact us at **JanDilsFoundation.org**. We can help you through this trying time.

Sources: <https://www.eatingdisorderhope.com/blog/how-instagram-causes-eating-disorders>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/eating-disorders/anorexia-nervosa>

What's Cooking? Wesson Pound Cake

Perfect for the holidays, this recipe comes from SS Leads Specialist, **Julie Carter**.



INGREDIENTS:

- | | |
|--------------------------|---------------------------------|
| 2 cups sugar | 1 tsp. vanilla or lemon extract |
| 2 cups self-rising flour | 1 cup Wesson oil |
| 5 large eggs | 3/4 cup milk |

DIRECTIONS: Start in a COLD oven. Combine all ingredients in a mixing bowl and blend well. Pour into a tube or Bundt pan. Bake at 350 degrees for about 30-40 minutes.



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radon are present in your home.

5. Air quality. Some researchers estimate that about 5% of lung cancer deaths worldwide are due to outdoor air pollution. People who live in cities, especially near high-traffic roads, have a slightly increased risk of lung cancer.

What are the symptoms of lung cancer and mesothelioma?

With cancer, the earlier you are diagnosed, the better your chances of survival. Unfortunately, lung cancer usually has no symptoms in its early stages. When signs of the disease start to appear, they can include:

- Chronic, hacking, raspy coughing, sometimes accompanied by mucus with blood in it
- Changes in a cough that you've had for a long time

- Recurring respiratory infections such as bronchitis or pneumonia
- Shortness of breath that gets progressively worse
- Wheezing
- Lasting chest pain
- Hoarseness
- Trouble swallowing

Go immediately to the emergency room if you have any of the following symptoms:

- Coughing up a large amount of blood
- Sudden shortness of breath
- Sudden weakness
- Sudden vision problems
- Chest pain that doesn't go away



If you believe that you — or a loved one — has contracted mesothelioma from workplace exposure to asbestos, don't delay: seek medical attention immediately. Then give us a call at **833.534.3577** or contact us online at **JanDilsFoundation.org** to see if you have a case. Your first consultation is always free.