November 2026

Juniper Health
Patient Newsletter

Volume 6
Issue 11

LUNG CANCER AWARENESS MONTH

Kentucky has consistently ranked among the worst in the country for Lung Cancer rates. Lung Cancer is still the leading cause for Cancer deaths in KY as well as the US. However, Kentucky is working to improve and is making progress, largely due to increased screening. Kentucky actually performs above the national average for high risk lung cancer screenings. Screening and diagnosing early is a key factor for good outcomes.

Why has KY always struggled with Lung Cancer?

Historically, Kentucky has always had some of the worst rates of Lung Cancer because of a few factors. KY has a very high prevalence of smoking which is a major risk factor. Rural populations in KY have also historically had limited access to screenings. Early screenings allow early diagnosis and a greater likelihood of a positive outcome. KY has improved greatly in this area over the last 5 years. Environmental factors and socioeconomic factors have also played a role in Kentucky's high Lung Cancer rates.

Find out more at: Lung.org

MENTAL HEALTH CORNER

Saying good things about yourself helps you believe good things about yourself and boost your self-esteem. Try looking in the mirror and saying out loud:

I am important.
I am strong.
I am smart and capable.
I am loved and deserving of love.
I am patient.
I will have a good day.
I like myself.
I trust myself.

