**Medicare Outreach Idea of the Month**

October 2019

**Promote Awareness of Life-Saving Cancer Screenings**

October is National Breast Cancer Awareness month. You can join the fight against this disease by educating people in your community about preventive measures that can help. Use this [Breast Cancer Awareness Article](https://gwaar.org/api/cms/viewFile/id/2005466) to spread the word about breast cancer and the Medicare covered screenings that can help find the disease early when its easiest to treat.

And why not plan ahead! November is National Lung Cancer Awareness month. Consider using the article below in your outreach to educate people about this disease and the Medicare screenings and services that can help prevent or detect it.

Featuring these articles in your agency newsletters and linking to them from your Facebook page is a great step toward fighting cancer and promoting better health in your community!

**To View all the GWAAR Medicare Outreach and Assistance Resources, follow the link to our webpage:**

<https://gwaar.org/medicare-outreach-and-assistance-resources>

By the GWAAR Medicare Outreach Team

**Lung Cancer Awareness**

November is lung cancer awareness month. Did you know that lung cancer is the leading cause of cancer death in the U.S. among both men and women? In fact, each year more people die of lung cancer than of colon, breast and prostate cancers combined.

Lung cancer screenings have become an important tool in the fight to detect and treat this disease for eligible patients. Medicare covers lung cancer screenings once a year for people who meet the following conditions:

* You’re age 55 – 77.
* You don’t have signs or symptoms of lung cancer.
* You’re either a current smoker or have quit within the last 15 years.
* You have a tobacco smoking history of at least 30 years smoking an average of a pack per day.
* You get a written order from your doctor.

Talk with your doctor to determine whether lung cancer screening is right for you.

Keep in mind, screening can be an early detection measure, but it is not an alternative to quitting smoking. If you’re still using tobacco products, now’s time to quit! Tobacco can cause or complicate many health problems, like heart disease, respiratory diseases and lung cancer. So, the first step is to quit—and Medicare can help.

Medicare covers counseling sessions to help people quit smoking. If you haven’t already been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

More information about the preventive benefits covered by Medicare can be found in the *Medicare and You 2020* handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov) . For local assistance with Medicare or other benefits, contact <YOUR LOCAL CONTACT INFORMATION HERE>.

*This publication has been created or produced with financial assistance, in whole or in part, through funds from the Administration for Community Living.*

By the GWAAR Medicare Outreach Team