



At Inspira, Your Lungs are Always Top of Mind

By John DiAngelo, Inspira Health Network President and CEO

It's not easy to quit smoking. It would be hard to find someone to argue otherwise. Often, it takes multiple attempts—sometimes spanning multiple years—to permanently kick the addiction to nicotine found in cigarettes.

November is National Lung Cancer Awareness Month, and on the 15th, the American Cancer Society hosts the Great American Smokeout, a day for smokers across the country to create a plan to become a quitter and stay a quitter. At Inspira Health Network, our pulmonology team continues to look for ways to expand services to residents in South Jersey in their efforts to stop smoking.

Lung cancer is the No. 1 cause of cancer deaths in the U.S. for both men and women, and it's one that disproportionately affects Inspira's home base in South Jersey. Cumberland, Gloucester and Salem counties' lung cancer rates are among the highest in the state. When we heard that, we knew there was an opportunity to expand vital services and cessation programs for the residents in our service area.

With a generous grant awarded by the New Jersey Department of Health, we are able to move forward with creating the Inspira Health Network Quit Center to provide tobacco cessation services for smokers in Cumberland and Salem counties. The Quit Center will also help to raise awareness of the dangers of tobacco use and resources available to help smokers quit. It's a collaborative effort between value-aligned community partners who all share the common goal of wanting to see tobacco control and cessation in South Jersey. It's the right thing to do.

This National Lung Cancer Awareness Month, we also want to remind residents that Inspira is a designated Lung Cancer Alliance "Screening Center of Excellence" and operates a lung cancer screening program with locations in both Cumberland and Gloucester counties. It's important for us to provide services that help patients detect lung cancer earlier and increase their chance of survivorship.

If you are between the ages of 55 and 77, show no signs or symptoms of lung cancer, have a tobacco smoking history of at least 30 pack-years (meaning you've smoked one pack per day for 30 years or two

packs per day for 15 years), are a current smoker or one who has quit smoking within the last 15 years, you can get a screening at either Inspira Medical Centers in Vineland or Woodbury. Both centers also offer one-one-one smoking cessation counseling for patients, regardless of insurance status.

We're proud of the phenomenal expertise and specialty care that our pulmonology team brings to our network. Just this summer, Dr. Ted Plush joined us as a member of the Inspira Medical Group after completing a three-year fellowship focused on critical care at Lankenau Medical Center. With Dr. Plush on board, we now have five pulmonologists with the Inspira Medical Group, all working out of our Woodbury facility.

We look forward to providing lung care close to home for residents in South Jersey not just during this awareness month, but whenever they need it.



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