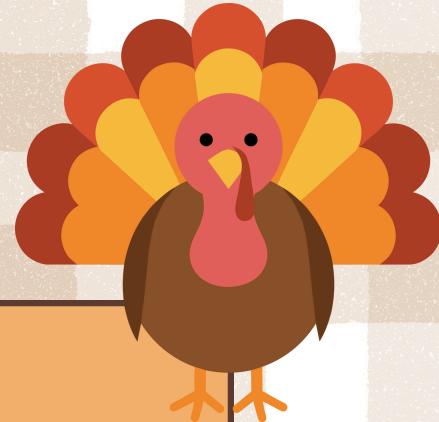


# Monthly Newsletter



## Our Mission

The Southcoast Public Health Coalition serves the communities of Fall River, Seekonk, Somerset, and Swansea, MA. Through the Massachusetts Office of Local & Regional Health's Public Health Excellence Grant, this regional collaborative was created to provide improved community access to public health services by pooling resources, functions, and expertise.



## What to Expect

Happy Fall!

With November being Lung Cancer Awareness Month, we will be providing some information on Lung Cancer and the dangers of smoking.

Food safety is an important topic that is often forgotten of during the holidays. We have provided some food safety tips to keep you and your loved ones safe this holiday season.



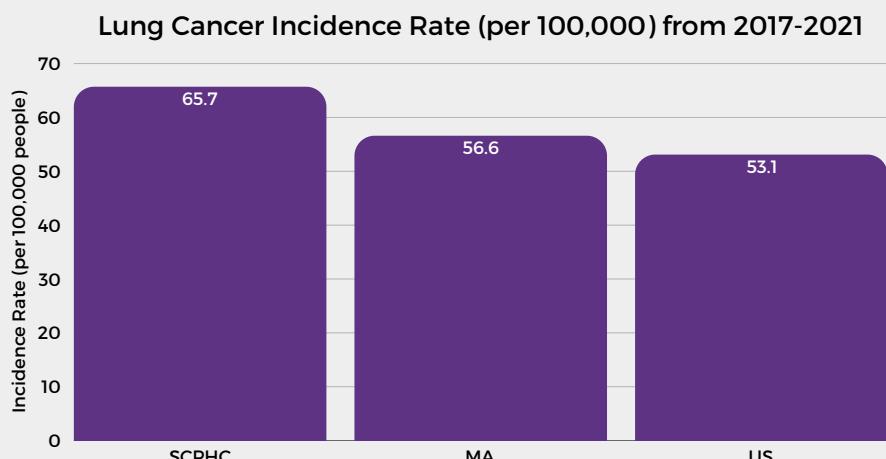
# Lung Cancer Awareness Month

In the United States, lung cancer is the second most common cancer in both men and women.<sup>1</sup> About 1 in 5 cancer deaths are attributed to lung cancer, making it the leading cause of cancer deaths.<sup>1</sup> Each year, the American Cancer Society estimates the lung cancer rates in the United States. In 2025, it has been estimated that there will be a total of 226,650 new cases of lung cancer, and about 124,730 deaths due to lung cancer.<sup>1</sup> This indicates a slight decrease in rates when compared to the 2024 statistics.

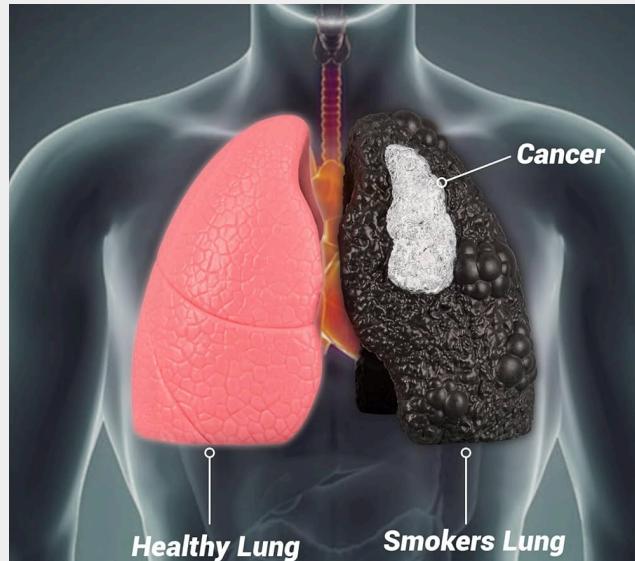
Most individuals diagnosed with lung cancer are over the age of 65.<sup>1</sup> But there are still many younger individuals with lung cancer, and this is dependent on their risk factors. The leading risk factor for lung cancer is smoking, as it accounts for nearly 80-90% of lung cancer deaths.<sup>4</sup> The chemicals in tobacco cause long-lasting damage to the lungs, and the longer you smoke, the more damage there is.<sup>3</sup>

Even if you do not smoke, you can still be at risk for developing lung cancer. Secondhand smoke increases your risk of developing lung cancer by 20-30%.<sup>3</sup> Inhaling the toxic chemicals can cause damage to your lungs, along with other organs in your body.<sup>3</sup> Quitting smoking will not only provide positive changes to your body but will help those around you that are affected by secondhand smoke.

**17.3%**  
of adults in the SCPHC  
are current smokers



Above is a graph displaying cancer incidence rates per 100,000 people for the cities of Fall River, Seekonk, Somerset, and Swansea. Along with Massachusetts and the United States as a whole.



This is an example of a normal healthy lung versus a smoker's lung. A healthy lung will be pink and have no inflammation. Whereas a smoker's lung will be inflamed, scarred, and will have a black/gray color.

## Important Terms:

- **Incidence** is about **new cases** of a disease in a certain time, like how many people just got the flu this week
- **Prevalence** is about the **total number of cases** (new and old) of a disease that exist at one time

Visit The American Cancer Society website for more information on lung cancer and ways to quit smoking



<sup>1</sup>The American Cancer Society. (2025, January 16). *Lung cancer statistics: How common is lung cancer?* <https://www.cancer.org/cancer/types/lung-cancer/about/key-statistics.html>

<sup>2</sup>The American Cancer Society. (2024, January 29). *Lung Cancer Risk Factors: Smoking & lung cancer.* <https://www.cancer.org/cancer/types/lung-cancer/causes-risks-prevention/risk-factors.html>

<sup>3</sup>The Centers for Disease Control and Prevention. (2025, January 31). *Health Problems Caused by Secondhand Smoke.* <https://www.cdc.gov/tobacco/secondhand-smoke/health.html>

<sup>4</sup>The Centers for Disease Control and Prevention. (2025, February 13). *Lung Cancer Risk Factors.* <https://www.cdc.gov/lung-cancer/risk-factors/index.html>

# Turkey Frying Safety Tips

Turkey frying has become a tradition for many on Thanksgiving. It is one of the leading causes of injuries on Thanksgiving. Each year, turkey frying has contributed to roughly 60 injuries, 5 deaths, and over \$15 million in property damage. If you or someone you know is frying a turkey this Thanksgiving, please research this process prior to frying.

## Choose the correct sized turkey

- Find a turkey that will fit best in your pot
- 8 to 10 pounds is the safety option

## NEVER fry a frozen turkey

- If ice or water goes into the oil, it can cause a fire or explosion
- Turkey must be fully thawed before frying



## DO NOT stuff the turkey before frying



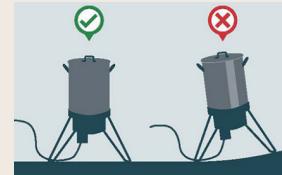
## Fry the turkey OUTSIDE

## Keep fryer away from the house and other structures

- The fryer should be at least 10 feet from the house or any structure.
- Fryer should not be under your roof or other structures
- Keep away from trees and wooden decks

## Place the fryer on a level surface

- A level surface will prevent oil spills and the fryer from tipping over



## Pay attention to the weather

- DO NOT** fry in the snow or rain
  - water and oil do not mix



## Never leave fryers unattended

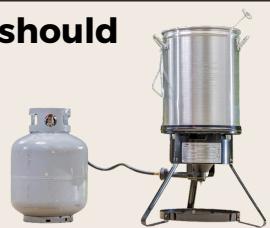
- The fryer contains hot oil, so it should always be monitored to prevent accidents

## Avoid oil spills

- Test the amount of oil you will need by filling the fryer with water (measure the amount of water)
- Then place the turkey in the fryer and mark where the water rose to
- Make sure the water does not get too close to the top
- If the water overflowed or rose too high, repeat the trial procedure with less water
- This will show you how much oil to use

## The burner and the tank should be 2 feet apart

- This distance helps prevent fire leaks



## Wear protective gear



## Have a fire extinguisher nearby



Call 911 in an emergency

## Monitor the temperature

- A thermometer will help monitor the temperature of the fryer and will tell you if the oil is overheating

## Always keep children and pets AWAY from the fryer



# Holiday Food Safety

The holiday season is a time of joy and unity for many families. As we all gather together to celebrate, it is important that we keep ourselves and loved ones safe when cooking. If certain food products are not prepared correctly, it could result in food poisoning, as germs can survive in many places.

## Food Safety Prevention Steps

### **1. Clean Hands and Surfaces**

- Your hands and the kitchen surfaces should be washed thoroughly and frequently with warm water and soap
- Hand washing needs to be done before, during, and after preparing the food
- After handling uncooked, chicken, meat, eggs, or seafood, you should immediately wash your hands
- Vegetables and fruits should be washed prior to eating or adding them to a dish
- Any utensil, pots/pans, countertops, and cutting boards should be immediately washed after each food item

### **2. Avoid Cross-Contamination**

- The internal temperature of the food must get high enough to kill all germs for the food to be safely cooked
- Use a food thermometer to check the temperature of the food

### **3. Cook at the Correct Temperature**

- The internal temperature of the food must get high enough to kill all germs for the food to be safely cooked
- Use a food thermometer to check the temperature of the food
- Follow the cooking guidelines provided in the chart to the right

### **4. Refrigerate Food**

- Refrigerate perishable food within 2 hours to prevent bacteria from spreading
- Frozen food should be thawed in the refrigerator in cold water, or in the microwave
  - thawing food on the counter could cause bacteria to spread
- Store warm and hot food into containers and then refrigerate

Food Type	Internal Temperature
<b>Ground Meat and Meat Mixtures</b>	
Beef, Pork, Lamb, Veal	160° F
Chicken, Turkey	165° F
<b>Fresh Beef, Veal, Pork, &amp; Lamb</b>	
Plus 3 minutes stand time for safety	145° F
<b>Poultry</b>	
Turkey & Chicken, whole	165° F
Poultry parts	165° F
Goose & Duck	165° F
Stuffing (cooked alone or in bird)	165° F
<b>Ham</b>	
Fresh (raw) plus 3 min stand time	145° F
Pre-cooked (reheating)	140° F
<b>Eggs &amp; Egg Dishes</b>	
Eggs	Cook until yolk & white and firm
Egg dishes	160° F
<b>Seafood</b>	
Fin Fish	145° F - Flesh is opaque
Shrimp, Crabs & Lobster	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
<b>Casseroles &amp; Leftovers</b>	
	165° F

For more information on food safety, go to  
<https://www.cdc.gov/food-safety/prevention/index.html>