

■ *Don't smoke* — If you've never smoked, don't start. If you do, quitting will be the number one thing you do to improve your health. Whether you're an occasional or a heavy smoker, quitting reduces your risk of lung cancer along with heart disease, stroke and a number of other significant health concerns.

Talk to your doctor about using stop-smoking aids and other strategies for quitting that can help you along the way. Options include nicotine replacement products, medications and support groups.

■ *Avoid secondhand smoke* — If you live with, work with or spend time with someone who smokes, urge the person to quit or to smoke away from you and others. Whenever possible, avoid areas where people smoke.

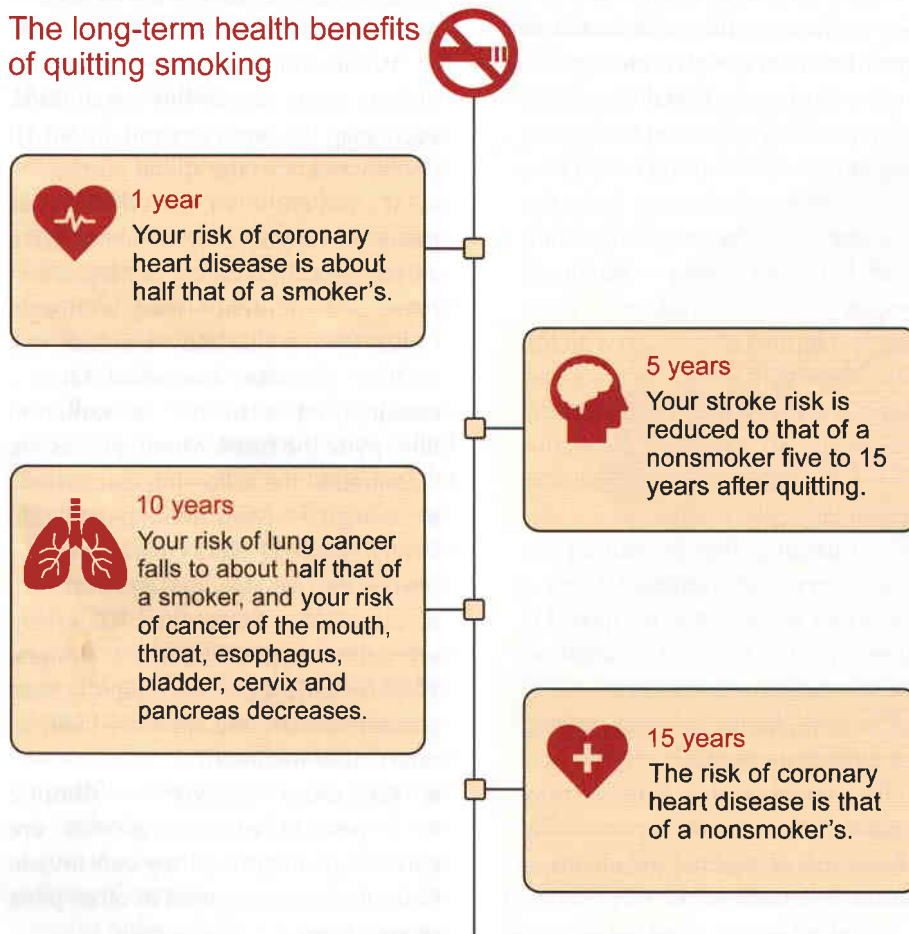
■ *Test your home for radon* — Have the radon levels in your home checked,

especially if you live in a region where it's a known problem. The U.S. Environmental Protection Agency (EPA) has a number of resources available on its website about radon and radon testing. Visit www.epa.gov/radon for more information, or call the toll-free radon hotline at 800-55RADON (800-557-2366) with your radon questions.

■ *Protect yourself from carcinogens* — Take precautions to protect yourself from exposure to toxic chemicals. For example, wear a mask while using cleaning products in the home, or when working with chemicals, such as in the workshop.

■ *Follow a healthy lifestyle* — Although it's not clear if they decrease the risk of lung cancer, some evidence has shown that diet and exercise may have an impact. Eat a diet full of a variety of fruits and vegetables, and try to exercise most days of the week. □

The long-term health benefits of quitting smoking



Health tips

Removing an object from the eye

If grit gets in your eye, don't rub it. Your eye may be able to flush out a small item such as an eyelash or sand with blinking and tearing. If you're wearing a contact lens when this happens, you may need to remove it.

If that's not enough, try flushing the eye using a bottle of artificial tears, or with water, using an eye cup or small glass. Place the rim of the glass or bottle on the bone at the base of the eye socket. Slowly tip the glass and let water run over the eye while keeping it open. If that doesn't work, have someone perform the following steps:

■ *Locate the object* — After washing your hands, examine the person's eye by gently pulling the lower lid downward while the person looks upward. Reverse this procedure for the upper lid.

■ *Use a light touch for an object on the surface of the eye* — You may be able to manually remove the object by holding the eyelid open and using a moistened cotton swab or soft, clean cloth to lightly blot and remove the object, being sure to direct the object away from the pupil.

Skip the steps above and seek emergency care, especially if an object is embedded in the eyeball, if the object doesn't move with blinking, if the object is large and makes it difficult to close the eye, or if the person has a lot of pain, sensitivity to light or decreased vision. To reduce eye movement, cover both eyes with a cloth or — to avoid disturbing the object — a paper cup. □