

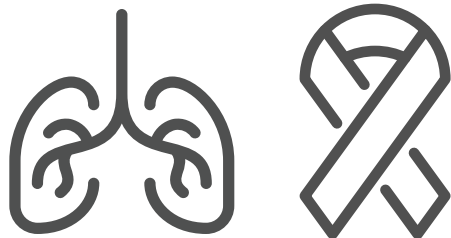


Lung Cancer Awareness

Statistics

- #2 Lung cancer is the second most common cancer in both men and women
- #1 Lung cancer is the leading cause of cancer death in both men and women
- 80% 80% of cancer deaths are related to smoking tobacco
-  Tobacco smoking causes about 9 out of 10 cases of lung cancer in men and about 8 out of 10 cases of lung cancer in women
-  Genetic changes over a lifetime can cause some cancers, like lung cancer, to form



Risk Factors



Things You Can Change:

- ◆ Cigarette, cigar, and pipe smoking
 - ◆ Second-hand smoking
- ◆ Exposure to radon and asbestos
- ◆ Breathing in certain chemicals like arsenic, diesel, and exhaust



Things You Can't Change:

- ◆ Personal or family history of lung cancer
- ◆ Medical history of other lung diseases
 - ◆ Radiation cancer therapy from a previous cancer
 - ◆ Air pollution

Lung cancer includes two main types: small cell and non-small lung cancer

Prevention Tips

- ◆ Quit smoking
- ◆ Limit exposure to radon
- ◆ Avoid exposure to second-hand smoke
- ◆ Eat a healthy diet with a variety of fruits and vegetables

Screening Guidelines

Lung Cancer Screening with a low-dose computed tomography (CT) is available for individuals at high risk. High risk means you meet all three of the following criteria:

- ◆ Individuals who are 50-77 years old
- ◆ Tobacco history of at least 20 pack years
- ◆ Current smoker or someone who quit smoking within the last 15 years

Symptoms

Persistent coughing, pneumonia, hoarse voice, wheezing, shortness of breath, blood in mucous, pain with swallowing, pain in chest area, weight loss, and extreme tiredness that isn't better with rest

(855) 366-7700



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