

DO YOU KNOW?

FOCUS AREA: Lung Cancer Awareness



LUNG CANCER IS THE THIRD MOST COMMON CANCER TYPE AND THE LEADING CAUSE OF CANCER DEATHS IN THE UNITED STATES.¹ Each year, lung cancer affects more than 200,000 people in the US.² While anyone can develop lung cancer, people who smoke tobacco cigarettes are at the highest risk.³ Luckily, lung cancer is treatable and deaths from lung cancer have decreased over time.²

1 IN 16 MEN
WILL DEVELOP
LUNG CANCER IN
THEIR LIFETIME



1 IN 17 WOMEN
WILL DEVELOP
LUNG CANCER IN
THEIR LIFETIME

4



LUNG CANCER TAKES MORE LIVES EVERY YEAR THAN BREAST, PROSTATE, AND COLON CANCER COMBINED⁴

SIGNS & SYMPTOMS⁵

- Fatigue
- Cough
- Shortness of breath
- Chest pain
- Loss of appetite
- Coughing up phlegm, mucus, and/or blood
- Unexplained weight loss
- Hoarseness in throat

RISK FACTORS³



Smoking: Your risk increases with the number of cigarettes you smoke each day. You can lower your risk by quitting at any age



Secondhand smoke exposure: Even if you do not smoke, your risk increases if you are exposed



Family history: Your risk is higher if you have a parent, sibling, or child with lung cancer



Asbestos, radon, or other chemical exposures



Previous radiation therapy

PREVENTION³

- **Don't smoke:** Do not start smoking. Speak with your children about how to avoid smoking and react to peer pressure
- **Stop smoking:** Even if you have smoked for years, quitting lowers your risk of lung cancer
- **Avoid breathing tobacco smoke:** If you live or work with someone who smokes, urge them to quit or smoke outside
- **Test your home for radon:** Contact your local health department for information on radon testing and reducing your risk of exposure
- **Exercise regularly and eat more fruits and vegetables**
- **Get screened:** A yearly scan is recommended if you are aged 50 – 80, if you currently smoke or used to smoke, and if you have a 20+ pack-year history⁶



WANT TO QUIT?



Check out the resources below to take back your freedom from smoking:

- Helpline: 1-800-LUNGUSA
- [Freedom From Smoking online course](#)
- [Online support community](#)
- [American Lung Association events near you](#)
- [Tips to help your friend quit](#)
- [Tips to help your teen quit](#)

CITATIONS:

1. https://www.cdc.gov/lung-cancer/statistics/?CDC_AAref_Val=https://www.cdc.gov/cancer/lung/statistics/index.htm#
2. <https://www.cancer.org/cancer/types/lung-cancer/about/key-statistics.html#:~:text=The%20American%20Cancer%20Society's%20estimates,men%20and%2059%2C280%20in%20women>
3. <https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>
4. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html>
5. <https://www.cancer.net/cancer-types/lung-cancer-non-small-cell/symptoms-and-signs>
6. <https://www.cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines/lung-cancer-screening-guidelines.html>

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