

LUNG CANCER AWARENESS

Non-Smokers Also Get Lung Cancer

Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

Join the nationwide movement and learn about lung cancer including risk factors, types and symptoms.

01 | What is Lung Cancer?

Lung cancer is the uncontrolled growth of abnormal cells that start off in one or both lungs; usually in the cells that line the air passages. The lungs are the principal part of the respiratory system and their primary function is to remove carbon dioxide and bring oxygen to the blood.

02 | Risk Factors

A number of factors may increase your risk of lung cancer including:

- **Smoking**, your risk of lung cancer increases with the number of cigarettes you smoke each day and the number of years you have smoked.
- **Exposure to secondhand smoke**, even if you don't smoke, your risk of lung cancer increases if you're exposed to secondhand smoke.
- **Exposure to radon gas**, radon is produced by the natural breakdown of uranium in soil, rock and water that eventually becomes part of the air you breathe. Unsafe levels of radon can accumulate in any building, including homes
- **Exposure to asbestos and other carcinogens**, prolonged exposure to asbestos and other substances are known to cause cancer including arsenic, chromium and nickel
- **Family history of lung cancer.**

03 | Types

Lung cancer is categorized into three main types including:

- **Non-Small Lung Cancer** - the most common occurring in about 85% to 90% of lung cancers cases. NSCLC usually grows and spreads more slowly than small cell lung cancer and can be defined in three categories including

Adenocarcinomas, Squamous and Large cell carcinomas

- **Small Lung Cancer** – 10 to 15% of lung cancer cases are SLC. SLC is an aggressive, fast-growing cancer that forms in tissues of the lung and can spread to other parts of the body.
- **Lung Carcinoid Tumor** - Fewer than 5% of lung cancers are lung carcinoid tumors, most of these tumors grow slowly and rarely spread.

03 | Symptoms

Symptoms of lung cancer typically occur only when the disease is advanced. Signs and symptoms of lung cancer may include:

- A new cough that doesn't go away
- Changes in a chronic cough or "smoker's cough"
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Wheezing
- Hoarseness
- Losing weight without trying
- Bone pain
- Headache

For additional resources on lung cancer including help on how to quit smoking please visit: www.cancer.org

Did You Know?
Lung cancer is the leading cause of cancer deaths in the United States, among both men and women.

References

<http://www.mayoclinic.org/diseases-conditions/lung-cancer/multimedia/vid-20078621>

<http://www.cancer.org/cancer/lungcancer/>