Lung Cancer Awareness

Lung cancer is the second most common form of cancer in the U.S. It causes more deaths than colon, breast, and prostate cancer combined.

But there are steps you can take to reduce your risk. And, as always, early detection is the best treatment.

What Are the Risk Factors?

Lung cancer is caused primarily from tobacco smoking—either it is smoking directly or secondhand smoke. Approximately 80% of lung cancer deaths are caused from smoking, and habitual smokers have a much higher risk of developing lung cancer.

Other causes of lung cancer include exposure to carcinogens (cancer-causing substances) such as asbestos and radon, a naturally occurring radioactive gas which can occur in many homes and basements. Unfortunately, a number of Americans are diagnosed without any known risk factors.

Lung cancer has few symptoms. Sometimes, people do show symptoms like a persistent cough, hoarseness, or shortness of breath. See more at the website of the American Cancer Society, **www.cancer.org.**

1 IN 15 MEN AND 1 IN 17 WOMEN WILL DEVELOP LUNG CANCER IN THEIR LIFETIME

What You Can Do to Lower Your Risks

There are many things you can do to lower your risk and avoid the disease:

1. **Avoid smoking and limit exposure to smoke. Screenings are recommended for smokers; speak with your doctor about it.**
2. **Limit exposure to carcinogens at home and the workplace. Follow your employer's precautions such as wearing a protective mask if required.**
3. **Regular cardio exercise strengthens the lungs. A healthy diet is also helpful.**

Early detection and treatment are key to survival. To schedule a screening, speak with your physician. For more information about lung cancer visit cancer.org.

Want more health tips? Visit our website www.healthcareeducationproject.org

healthcare education project

Healthcare • Education • Action!

498 7TH AVENUE, 5TH FLOOR, NEW YORK, NY 10018 • TELEPHONE: (646) 473-8481 • WEBSITE: WWW.HEALTHCAREEDUCATIONPROJECT.ORG

SCAN HERE TO VISIT OUR WEBSITE