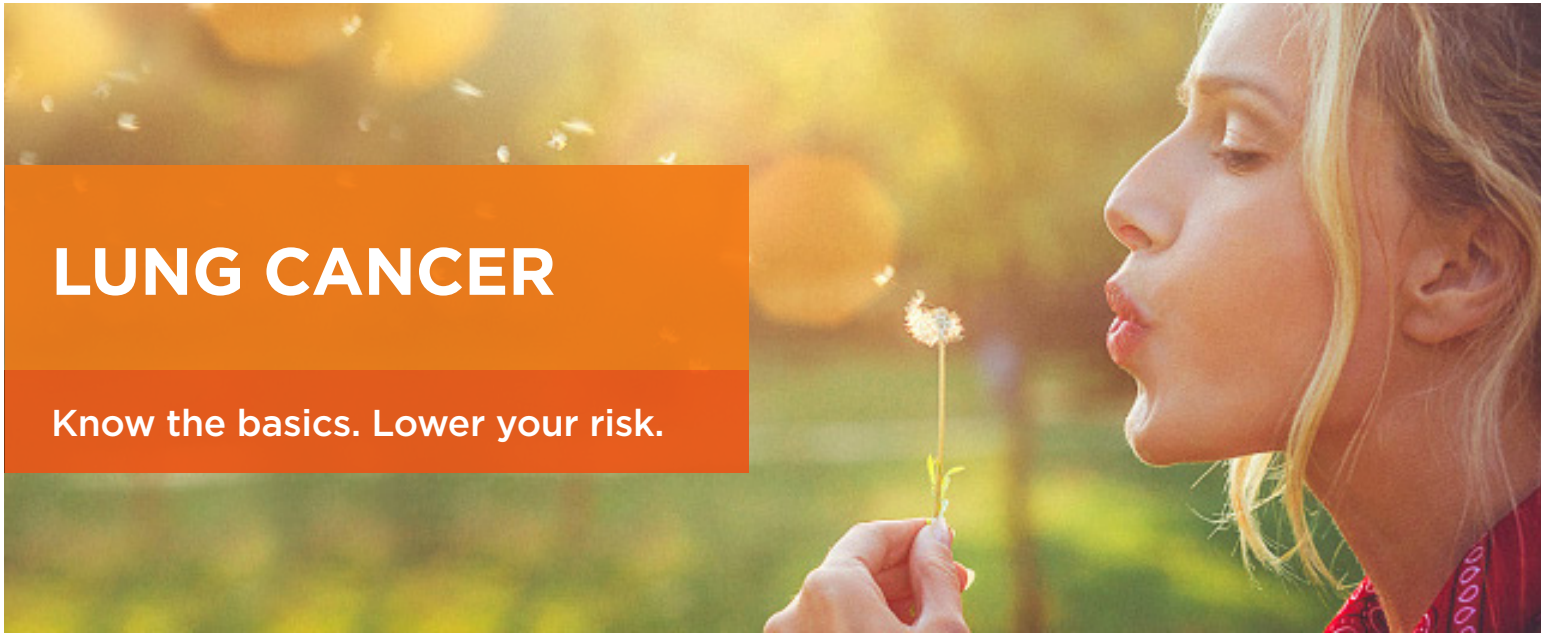




LUNG CANCER

Know the basics. Lower your risk.

Lung cancer is the leading cause of cancer deaths among both men and women in the United States.¹ It begins in the lungs, but can spread to lymph nodes or other organs in your body.

Lung cancer is usually caused by smoking. You can get it from being a smoker or by being exposed to secondhand smoke. In some cases, you can get lung cancer even if you've never smoked or had prolonged exposure to secondhand smoke.²

RISK FACTORS²

These risk factors may increase your chances of getting lung cancer.

Smoking cigarettes (and other products)

The longer you smoke and the more cigarettes you smoke each day, the more your risk goes up. But even smoking a few cigarettes a day increases your risk.

Secondhand smoke

When you breathe in secondhand smoke (from other people's pipes, cigarettes or cigars), it is like you are smoking.

Radon

Radon is a naturally occurring gas that comes from rocks and dirt that can get trapped in houses or buildings. You can't see, taste or smell it, but nearly one out of every 15 homes in the United States may have high levels.

Other substances

Exposure to asbestos, arsenic, diesel exhaust and some forms of silica and chromium can increase your risk.

Personal or family history

If you are a lung cancer survivor, there is a risk that you may develop it again, especially if you smoke. Your risk of lung cancer may be higher if your parents, siblings or children have had lung cancer.

Radiation therapy

Cancer survivors who had radiation therapy to the chest are at higher risk for lung cancer.

Diet

Smokers who take beta-carotene supplements have increased risk.

IMPORTANT WAYS TO HELP LOWER YOUR RISK

- › Quit smoking
- › Avoid secondhand smoke
- › Get your home tested for radon
- › Protect yourself from exposure to other toxic substances

Together, all the way.®



SYMPTOMS³

Lung cancer doesn't usually cause signs and symptoms in its earliest stages. Symptoms may include:

- › Coughing that gets worse or doesn't go away
- › Coughing up blood
- › Chest pain
- › Shortness of breath
- › Hoarseness
- › Unexplained weight loss
- › Bone pain

WHEN TO SEE A DOCTOR

If you have signs or symptoms of lung cancer, see your doctor right away. And if you smoke, ask your doctor to suggest ways that you can quit (such as counseling, medication and nicotine replacement products).



Quitting smoking at any age can lower your risk of lung cancer.²

SCREENINGS⁴

The only recommended screening test for lung cancer is a low-dose CT scan (LDCT). An X-ray machine scans the body and uses low doses of radiation to make detailed pictures of the lungs.

The U.S. Preventive Services Task Force recommends annual screening for lung cancer in adults ages 55 to 80 years who have a 30 pack-year smoking history and currently smoke (or have quit within the past 15 years). Screenings do have risks, so it's important to follow your doctor's recommendations.

PRIMARY TREATMENT OPTIONS⁵

Your doctor will plan your lung cancer treatment based on your individual health needs. Make sure to ask about the benefits, side effects and how it might make you feel. Treatment options may include:

- › Surgery (removing part or all of your lung)
- › Radiofrequency ablation (an electric current)
- › Radiation (X-rays pointed at a tumor to destroy it)
- › Chemotherapy (medicines that kill cancer cells in your body)
- › Other treatments such as immunotherapy drugs or targeted treatments



1. Centers for Disease Control and Prevention. "Basic Information About Lung Cancer." https://www.cdc.gov/cancer/lung/basic_info (last updated February 9, 2018).

2. Centers for Disease Control and Prevention. "What Are the Risk Factors for Lung Cancer?" https://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm (last reviewed/last updated July 19, 2018).

3. Mayo Foundation for Medical Education and Research. "Lung cancer: Overview." <https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620> (April 18, 2018).

4. Centers for Disease Control and Prevention. "Who Should Be Screened for Lung Cancer?" https://www.cdc.gov/cancer/lung/basic_info/screening.htm (last reviewed July 19, 2018/last updated July 30, 2018).

5. WebMD. "Lung Cancer Treatments." <https://www.webmd.com/lung-cancer/lung-cancer-treatment#2> (reviewed May 20, 2018).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and health care recommendations.

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