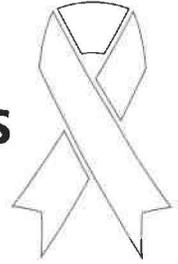




# LUNG CANCER RISKS



**1. Smoking**

Number of cigarettes smoke daily	1	5	10	15	20	25	30	35	40+	
Years of smoking	5	10	15	20	30	40	50	60	70	
NO-----	Drink alcohol – more than 1 drink a day								-----	YES
NO-----	Take beta-carotene supplements								-----	YES

**2. Breathing Secondhand Smoke-years**    1    5    10    15    20    25    30    35    40+

NO-----

**3. Radon gas exposure**

NO-----

**4. Asbestos exposure**

NO-----

**5. Chemical exposures**

NO----- (arsenic, diesel exhaust, silica, soot, tar, chromium, uranium, nuclear facility) -----

**6. Personal or family history of lung cancer**

NO-----

**7. Lung Cancer Symptoms**

NO----- Cough that doesn't go away and gets worse over time -----

NO----- Constant chest pain; shoulder pain; bone pain -----

NO----- Breathing problems; wheezing; hoarseness -----

NO----- Unable to exercise without feeling out-of-breath or coughing -----

NO----- Swelling in face and/or veins in neck -----

NO----- Pneumonia or bronchitis occurs often -----

NO----- Coughing up blood or rust-colored mucus -----

NO----- Feeling tired all of the time -----

NO----- Weight loss without a known cause -----

NO----- Swollen lymph nodes in neck and chest area -----

This list of lung cancer risk factors and symptoms is derived from information published by the National Cancer Institute (NCI). Some of the symptoms may also come from other illnesses or conditions. Talk with your doctor if you experience these symptoms. For more information about lung cancer, turn this page over and visit:

## TYPES OF LUNG CANCER

### Small Cell (SCLC)

- 13% of lung cancers
- Strongly related to smoking
- More aggressive, rapidly growing
- Begins in nerve cells or hormone producing cells

### Non-Small Cell (NSCLC)

- 84% of lung cancers
- Begins in epithelial cells which line airways and produce mucous

## REFERENCES & RESOURCES

American Society of Clinical Oncology  
ASCO Answers Lung Cancer

National Cancer Institute (NCI) Lifelines  
[www.cancer.gov/types/lung](http://www.cancer.gov/types/lung)

American Lung Association  
Lung disease resources  
[www.lung.org](http://www.lung.org)

### CancerCare

Lung cancer 101, clinical trials, support  
[www.lungcancer.org](http://www.lungcancer.org)

## MULTI-MEDIA

**Cancer.Net** website, videos, podcasts, mobile app; info on 120+ cancers, navigating care, coping, survivor resources  
[www.cancer.net](http://www.cancer.net)

**Centers for Disease Control & Prevention (CDC)** Tips From Former Smokers Campaign  
[www.youtube.com](http://www.youtube.com)  
Search the CDC channel

## APPS FOR MOBILE DEVICES

**2MorrowHealth – Smoking Cessation:** free from 2Morrow, Inc.; evidence-based, personal quit plan, tracking, monitor progress, share

**QuitSTART:** free from NCI; manage cravings/mood, monitor progress, share

**NCI QuitPal:** free; uses proven quit tools and strategies; social network

**The Pivot App:** tailored to users, evidence-based tools, coach support, gaming technology, carbon monoxide testing, tracking

**FOR MORE INFORMATION**  
[augusta.edu/cancer](http://augusta.edu/cancer)

Georgia Cancer Center  
Cancer Information and Awareness  
1410 Laney Walker Blvd. CN-1179 D  
Augusta, GA 30912

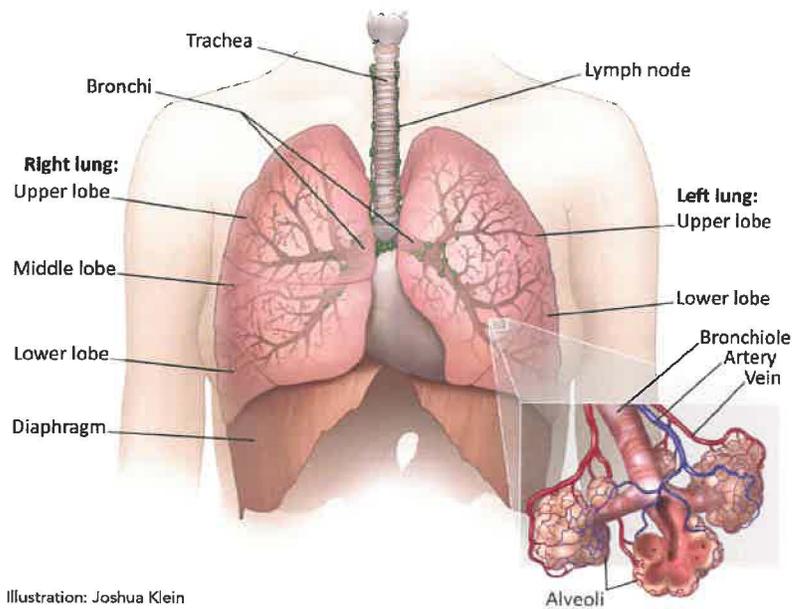
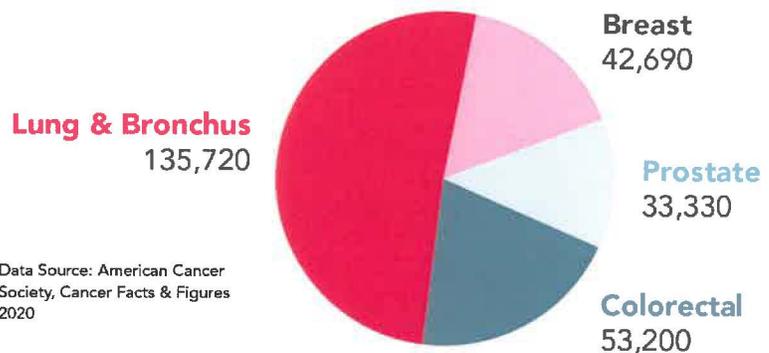


Illustration: Joshua Klein

## GET THE FACTS ABOUT LUNG CANCER IN THE U.S.

- Smoking causes 80%-90% of lung cancers
- Nonsmokers breathing secondhand smoke at home or work have 20-30% higher chance of getting lung cancer
- Radon, a tasteless, odorless gas is the 2nd leading cause of lung cancer
- Other causes of lung cancer include exposure to asbestos, outdoor air pollution, and heredity
- More people die from lung and bronchus cancer than die from breast, prostate, and colorectal cancer combined, as shown in this graph

## NUMBER OF DEATHS BY CANCER SITE, 2020



Data Source: American Cancer Society, Cancer Facts & Figures 2020

## REDUCE YOUR LUNG CANCER RISK

- **Do not smoke** cigarettes, pipes, cigars, hookahs, and other forms of tobacco
- **Quit**, if you do smoke
  - E-cigarettes can cause severe lung damage and are not recommended as a way to quit smoking cigarettes
- **Avoid secondhand smoke**
  - Ask people not to smoke near you or your family
- **Create smoke-free living** and working environments
- **Test for radon in your home**
  - Radon test kits are commercially available
- **Be careful at work and at home**
  - Avoid cancer causing chemicals or fumes; wear protective gear

## GEORGIA CANCER CENTER

- **Tobacco cessation services appointment** 706.721.0456
- **Lung screening** 706.446.LUNG (5864)