

FOR YOUR PATIENT

Risk factors for lung cancer

Research has discovered several causes and risk factors for lung cancer. A risk factor is anything that changes the chance of developing a disease. Lung cancer risk factors include

- Smoking
- Secondhand smoke from other people's cigarettes
- Radon gas in the home
- Substances around home or work, including asbestos, ionizing radiation, and other cancer-causing substances
- Medical exposure to radiation to the chest
- Chronic lung disease such as emphysema or chronic bronchitis
- Increased age

Source: CDC. Lung cancer awareness. <http://www.cdc.gov/features/lungcancer/>. Accessed September 21, 2012.

Preventive measures

You can take steps to reduce your risk of developing lung cancer.

- Don't smoke; and if you do smoke, quit now
- Avoid secondhand smoke. There is no risk-free level of secondhand smoke exposure.
- Have your home tested for radon and take corrective actions if high levels are found
- Avoid unnecessary medical exposure to radiation, such as chest radiography
- Follow health and safety guidelines in the workplace

Source: CDC. Lung cancer awareness. <http://www.cdc.gov/features/lungcancer/>. Accessed September 21, 2012.

Lung cancer awareness is not just for smokers



November is National Lung Cancer Awareness Month. Throughout the month, thousands of people across the country will come together at events focusing on education and awareness of the disease. Originally started as Lung Cancer Awareness Day in 1995, the event has transformed into a month-long series of events about lung cancer.

Whether you have lung cancer yourself, survived the disease, or care for a loved one with lung cancer, here are some ways you can participate:

- **National Shine a Light on Lung Cancer Vigil** This vigil is the largest nationally, and now internationally, coordinated awareness event for lung cancer. On Tuesday, November 13, volunteers and participants around the globe will participate in community-planned vigils featuring personal stories from survivors, caregivers, and health care professionals, as well as to share information and resources and rally a call to action. Visit www.lungcanceralliance.org/shinealightonlungcancer/ for more information.
- **Participate in a community event** The National Lung Cancer Partnership Web site lists lung cancer awareness, fundraising, and education events by date and location. Visit www.nationallungcancerpartnership.org/events/community-events to find an event near you.
- **Run or walk for awareness** Organizations such as Free to Breathe host a number of run/walks across the country throughout the year to raise money for lung cancer research and awareness. Visit http://participate.freetobreathe.org/site/TR?fr_id=1570&pg=entry for more details.
- **Distribute educational materials** The National Lung Cancer Partnership offers free information on lung cancer. Print their booklets and help spread the word in November! Several free patient resources can be found at www.nationallungcancerpartnership.org/shop/free-resources.html.
- **Public service announcement campaigns** Hand out flyers that educate about lung cancer in your community. The National Lung Cancer Partnership offers free, printable public service announcements at www.nationallungcancerpartnership.org/get-involved/public-service-campaign.
- **Fundraise** Host your own event to raise money for lung cancer research and awareness: Have a bake sale, jewelry party, wine tasting, garage sale, or restaurant night (ask a local restaurant to donate a percentage of their sales on a designated night). Be creative!
- **Proclamations** Many lung cancer advocates receive proclamations from local governments declaring November as Lung Cancer Awareness Month. Ask your local leaders to grant a proclamation in your community!

Make November 15 the first day of a smoke-free life



The American Cancer Society is marking the 37th Great American Smokeout on November 15, an event that encourages smokers to mark the date as the day they quit smoking or make a plan to quit smoking. Tobacco use is the greatest preventable cause of disease and premature death in the United States, yet more than 45 million Americans (1 in 5) reportedly smoke cigarettes.¹ An additional 15 million report smoking cigars. More than half of these smokers have attempted to quit at least once in the past year.¹ Smoking is the cause of nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes. Another 8.6 million people have a serious illness caused by smoking.²

Studies show that smokers are most successful at quitting smoking when they have support, such as nicotine replacement products, counseling, stop-smoking groups, telephone smoking-cessation hotlines, prescription medicine to lessen cravings, guidebooks, and encouragement and support from family and friends.² The Great American Smokeout aims to lend support to quitters while pressing for laws that control tobacco use and discourage teenagers from starting smoking.²

Helpful resources The American Cancer Society offers posters, an employee kit, a table tent, “I am Quitting” cards, and a template for Avery label stickers to help promote the Great American Smokeout and the efforts of friends and coworkers to quit smoking. Find these and other helpful tools at [www.cancer.org/Healthy/Stay AwayfromTobacco/GreatAmericanSmokeout/ToolsandResources/resources](http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/ToolsandResources/resources).

REFERENCES

1. American Cancer Society. Great American Smokeout. <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>. Accessed September 10, 2012.
2. American Cancer Society. History of the Great American Smokeout. Updated November 29, 2011. Accessed September 10, 2012.

208,493

Number of lung
cancer diagnoses in
the United States¹

158,592

Number of deaths
from lung cancer in
the United States¹

1 in 5

Number of
Americans who
smoke cigarettes²

REFERENCES

1. Centers for Disease Control and Prevention. Lung cancer statistics. <http://www.cdc.gov/cancer/lung/statistics>. Accessed September 21, 2012.
2. American Cancer Society. Great American Smokeout. [http://www.cancer.org/Healthy/Stay AwayfromTobacco/GreatAmericanSmokeout/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index). Accessed September 21, 2012.

Resources for Patients

CancerCare Lung Cancer Support, Counseling, & Financial Assistance
www.cancer.org/diagnosis/lung_cancer

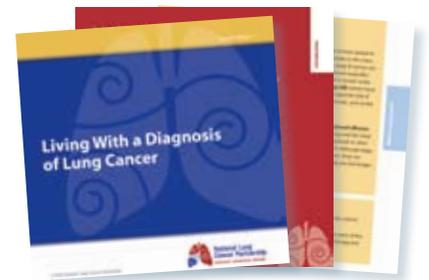
LungCancer.org—Lung Cancer 101
www.lungcancer.org/reading

Lung Cancer Alliance—About Lung Cancer

<http://lungcanceralliance.org/get-information/>

Lung Cancer: New Tools for Making Decisions About Treatment

www.oncologynurseadvisor.com/lung-cancer-new-tools-for-making-decisions-about-treatment/article/214124/



National Lung Cancer Partnership—Living With a Diagnosis of Lung Cancer Booklet

www.nationallungcancerpartnership.org/lung-cancer-info/resources/booklet/table-of-contents

NCCN Lung Cancer Screening Guidelines for Patients

www.nccn.org/patients/patient_guidelines/lung_screening/index.html

NCI—What You Need to Know About Lung Cancer Booklet

www.cancer.gov/cancertopics/wyntk/lung

NCI—Lung Cancer Resource Page

www.cancer.gov/cancertopics/types/lung