

WORLD LUNG CANCER DAY: HONOR, UNITE, INSPIRE

World Lung Cancer Day is a grassroots effort, started by a lung cancer survivor and embraced by the lung cancer community. It is a day to celebrate survivors, remember those who have passed, and spread awareness to the general public about the impact of lung cancer.

HEALTH FACTORS

While smoking is widely recognized as a risk factor for lung cancer, other lesser known risks are also important.

- Environment - **Radon, asbestos, arsenic, beryllium, and uranium** have all been linked to lung cancer.
- **Radiation** increases the risk of developing lung cancer.
- Diseases such as **emphysema, chronic bronchitis, chronic obstructive pulmonary disease, and TB** may increase lung cancer risk.
- A **history of cancer** in another part of the body increases your risk of lung cancer.
- **Lung cancer risk increases with age** - only about 10 percent of lung cancer cases occur in people younger than 50 years old.

DID YOU KNOW?

Lung cancer is the most common worldwide cause of death from cancer, and has been for more than a decade.

- Lung cancer is responsible for nearly **one in five cancer deaths**.
- Lung cancer **claims more lives** yearly than **breast, colon, and prostate cancers combined**.
- The highest incidence of lung cancer is in **North America and Europe**.
- The lowest incidence of lung cancer is in **Africa, Latin America, and the Caribbean**.

EARLY SIGNS

Recognizing the signs of lung cancer is key to early detection and life-saving treatment.

- A cough that is getting worse and lasts for weeks
- Coughing up blood or rust-colored phlegm
- Shortness of breath
- Chest pain
- Hoarseness
- Pain in bones
- Unintentional weight loss

Contact your health provider if you have questions or would like to learn more about lung cancer.