

NOVEMBER IS LUNG CANCER AWARENESS MONTH

JOIN THE ANNUAL GREAT AMERICAN SMOKE OUT—SPONSORED BY THE AMERICAN CANCER SOCIETY AND PROMOTED BY THE FLORIDA DEPARTMENT OF HEALTH.



signs & symptoms of lung cancer

The signs and symptoms of lung cancer may take years to appear, and may not appear until an advanced stage of the disease. Symptoms include:

- A cough that does not go away
- Chest pain, often made worse by deep breathing
- Hoarseness
- Bloody or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Fever without a known reason
- Recurring infections such as bronchitis and pneumonia
- New onset of wheezing



LUNG CANCER IS PRIMARILY CAUSED BY CIGARETTE SMOKING and is almost entirely preventable by eliminating cigarette use and exposure to environmental tobacco smoke (“second-hand smoke” or ETS). Over 11,500 Florida residents die annually of lung cancer. Although cigarette use among children and adolescents will affect lung cancer rates only in the distant future, preventing cigarette initiation by young people is an important strategy for eliminating lung cancer. Cigar and pipe smoking are almost as likely to cause lung cancer as cigarette smoking.

When lung cancer spreads to distant organs, it may cause symptoms that do not seem to be at all related to the lungs. Anyone experiencing these signs or symptoms should consult a doctor immediately:

- Bone pain or fractures
- Weakness or numbness of the arms or legs, dizziness
- Yellow coloring of the skin and eyes (jaundice)
- Masses near the surface of the body, caused by cancer spreading to the skin or to lymph nodes
- Bleeding or blood clots

Advances in surgery, radiation and chemotherapy have increased survival rates and improved the quality of life of lung cancer patients significantly, even when the cancer is diagnosed in later stages.



what is your risk?

Women who smoke increase their chance of dying from lung cancer by nearly 12 times.

Men who smoke increase their chance of dying from lung cancer by more than 22 times.

Exposure to environmental tobacco smoke causes an estimated 3,000 lung cancer deaths among American adults each year.

Non-smoking spouses of smokers have a 30% greater risk of developing lung cancer than do spouses of nonsmokers.

Smoking by parents contributes to childhood asthma, bronchitis, and chronic ear infections.

Other risk factors include exposure to certain industrial substances, such as arsenic, some organic chemicals, radon, and asbestos.



Be a smoke-free role model for others.

Don't smoke around children • Encourage children not to smoke • Make your home a smoke-free zone
Help other parents understand the serious health risks to children from smoking and exposure to environmental tobacco smoke

reducing your risk

- **If you don't smoke, don't start.**
- **If you smoke, quit.** If you stop smoking before lung cancer develops, the lung tissue slowly returns to normal. Call your county health department or the Florida Department of Health or the American Cancer Society for help in quitting.
- **Stopping smoking at any age** lowers the risk of lung cancer. After 5 years of living smoke-free, your risk goes down.
- **There is no evidence** that smoking low tar cigarettes reduces the risk of lung cancer.
- **Get a chest X-ray every 5 years** as part of an annual physical exam.



CALL FOR INFORMATION:

Florida Department of Health
Bureau of Chronic Disease Prevention and
Health Prevention
(850) 245-4330
www.doh.state.fl.us/family/cancer

Centers for Disease Control and Prevention
www.CDC.gov

National Cancer Institute
(800) 4 CANCEER (1-800-422-6237)

