

# LUNG CANCER AWARENESS

## Lung cancer kills about 430 people each day – the same number of seats on a Boeing® 747 airplane.

Approximately 225,000 new cases of lung cancer will be diagnosed this year. Although smoking is a high-risk factor for lung cancer, only 35% of lung cancer patients are current or former smokers. There are many other factors that contribute to lung cancer. This resource is intended to educate you on lung cancer for awareness, prevention and how to move forward after diagnosis.

### 01 | Being Aware

Symptoms of lung cancer may not become noticeable until later stages. It is important to screen for lung cancer if you are a high-risk individual. Individuals may experience symptoms such as:

- Coughing up blood
- Chest pain
- Hoarseness
- Bone pain
- Shortness of breath

Being aware of the risks and symptoms of lung cancer can promote early diagnosis.

### 02 | Preventive Action

There is no sure way to completely prevent lung cancer. However, there are ways to control the risks including:

- Avoid smoking
- Avoid secondhand smoke
- Limit exposure to carcinogens
- Test your home for radon
- Eat a healthy diet full of fruits and vegetables

By taking preventive action, you can significantly reduce the risk of developing lung cancer.

### 04 | Moving Forward

While there is no cure for lung cancer, more than 350,000 people alive have been diagnosed with lung cancer at some point. It is necessary to seek support, whether it be from a family member, caregiver, support group, or counseling. There are many programs available for patients that provide financial support, assist patients with doctor appointments and medication, or become more informed of the disease itself.

#### Learn More

For more information on lung cancer and supportive resources please visit [www.lcfamerica.org](http://www.lcfamerica.org).

### *Did You Know?*

*Fewer than 14% of lung cancer patients are diagnosed in the early stages.*

#### References

<https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>

<https://www.cancer.org/cancer/lung-cancer.html>