



SENIOR HEALTH

Lung Cancer

WHO'S AT RISK?

Lung cancer is the leading cause of cancer deaths among men and women. Smoking accounts for 87 percent of lung cancer cases. Lung cancer is a slow-growing disease that can take 20 to 30 years to develop.

KNOW THE RISK FACTORS

- tobacco use
- exposure to secondhand tobacco smoke
- exposure to asbestos, radon gas, arsenic and air pollutants

SYMPTOMS OF LUNG CANCER

a nagging or persistent cough

shortness of breath

coughing up blood

chest pain

hoarseness

loss of appetite and sudden, unexpected weight loss

HOW TO REDUCE YOUR RISK

- Quit smoking.
- Avoid exposure to secondhand smoke.
- Avoid exposure to asbestos, radon gas, arsenic and air pollutants.