



# TIPS FOR LUNG CANCER PREVENTION

November marks Lung Cancer Awareness Month, a time to unite in the fight against the leading cause of cancer deaths in the U.S.<sup>1</sup> We encourage you to review the following lung cancer prevention tactics to lower your risk and protect your health.



Sources:

<sup>1</sup>[Lung.Org/Lung-Force/About-Lung-Force/Featured-Campaigns/Lung-Cancer-Awareness-Month](https://www.lung.org/Lung-Force/About-Lung-Force/Featured-Campaigns/Lung-Cancer-Awareness-Month)

<sup>2</sup>[CDC.Gov/Lung-Cancer/Prevention/Index.HTML](https://www.cdc.gov/Lung-Cancer/Prevention/Index.HTML)

<sup>3</sup>[Cancer.Org/Cancer/Types/Lung-Cancer/Causes-Risks-Prevention/Prevention.HTML](https://www.cancer.org/Cancer/Types/Lung-Cancer/Causes-Risks-Prevention/Prevention.HTML)

<sup>4</sup>[CDC.Gov/Tobacco/Secondhand-Smoke/Health.HTML](https://www.cdc.gov/Tobacco/Secondhand-Smoke/Health.HTML)

<sup>5</sup>[EPA.Gov/Radon/Health-Risk-Radon](https://www.epa.gov/radon/Health-Risk-Radon)

<sup>6</sup>[HopkinsMedicine.Org/Health/Wellness-And-Prevention/What-Does-Vaping-Do-To-Your-Lungs](https://www.hopkinsmedicine.org/Health/Wellness-And-Prevention/What-Does-Vaping-Do-To-Your-Lungs)

→ **Stop smoking:** Cigarette use causes around 80-90% of lung cancer deaths in the U.S.<sup>2</sup>

- Quitting, no matter how long you previously smoked, lowers your risk for lung cancer.<sup>3</sup>

→ **Prevent exposure to secondhand smoke:** Nonsmokers who are exposed to secondhand smoke are breathing in many of the same cancer-causing ingredients as smokers, which can lead to health problems.<sup>4</sup>

- For example, adults who do not smoke but are exposed to secondhand smoke have a 20-30% increased risk of developing lung cancer.
- Secondhand smoke is also harmful to children, who are more likely to develop respiratory infections, ear infections and additional health problems when exposed.

→ **Get radon detectors in your home:** Radon is one of the main causes of lung cancer.<sup>5</sup>

- In fact, it is the number one cause of lung cancer among nonsmokers and second leading cause of lung cancer overall.<sup>5</sup>

→ **Limit contact with carcinogens:**

- If you come into regular contact in the workplace, wear proper PPE to reduce exposure.<sup>2</sup>
- E-cigarettes/vapes contain chemicals that are thought to cause lung cancer.<sup>6</sup>