

# WHAT YOU CAN DO



National Lung  
Cancer Partnership

RESEARCH. AWARENESS. CHANGE.

## WHAT YOU CAN DO TO REDUCE THE RISKS OF LUNG CANCER

- **If you smoke, get the help you need to quit!** You can get help from state quitlines and other programs. Visit [www.naquitline.org](http://www.naquitline.org) or [www.becomeanex.org](http://www.becomeanex.org), or call 1-800-QUIT-NOW.
- **Reduce exposure to radon.** If you live in an area with high levels of radon coming from the bedrock, consider having your house tested for radon exposure and, if needed, take steps to reduce radon levels. More information is at [www.epa.gov/radon](http://www.epa.gov/radon).
- **Lead a healthy lifestyle.** Eat a well-balanced diet and exercise to help reduce the risk of all cancers.

## WHAT YOU CAN DO IF YOU THINK YOU ARE AT RISK

### KNOW THE SYMPTOMS OF LUNG CANCER.

- **See your doctor if you** experience any of the following common symptoms of lung cancer:

- B** – Blood when you cough or spit
- R** – Recurring respiratory infections
- E** – Enduring cough that is new or different
- A** – Ache or pain in shoulder, back or chest
- T** – Trouble breathing
- H** – Hoarseness or wheezing
- E** – Exhaustion, weakness or loss of appetite

Other symptoms may include:

- swelling in the neck and face
- difficulty swallowing
- weight loss

### SPEAK WITH YOUR DOCTOR ABOUT WHETHER SCREENING IS RIGHT FOR YOU.

- If you smoke now or have in the past, ask your doctor if lung cancer screening tests may be right for you. Recent research from the National Cancer Institute, for example, found 20% fewer lung cancer deaths among people at high risk who were screened with low-dose spiral CT compared to those screened with chest X-ray.<sup>1</sup>

## WHAT YOU CAN DO IF YOU CARE ABOUT LUNG CANCER

### ADVOCATE FOR INCREASED LUNG CANCER RESEARCH FUNDING.

- Lung cancer is the most commonly diagnosed cancer in the U.S. (except easily removable skin cancers). It claims more lives each year than breast, colon and prostate cancers combined, yet these cancers receive much more research funding.<sup>2,3</sup>

**To access advocacy tools and join the movement to increase awareness and research funding for lung cancer, visit [www.NationalLungCancerPartnership.org](http://www.NationalLungCancerPartnership.org)**

## REFERENCES

1. National Lung Cancer Screening Trial, National Cancer Institute. Information at <http://www.cancer.gov/newscenter/pressreleases/2011/NLSTresultsRelease>. Accessed October 14, 2011.
2. American Cancer Society. Cancer Facts and Figures 2011. Atlanta: American Cancer Society; 2011.
3. National Cancer Institute Snapshots: <http://planning.cancer.gov/disease/snapshots.shtm>. Accessed October 14, 2011.