

Wellness by the Month

Lung Cancer Awareness Month

Most Common Symptoms

- a cough that doesn't go away
- chest pain, often made worse by deep breathing
- hoarseness
- weight loss and loss of appetite
- bloody or rust-colored spit of phlegm
- shortness of breath
- infections such as bronchitis or pneumonia that keep coming back
- new onset of wheezing

See your doctor right away if you have any of these symptoms.

Risk Factors

1. **Smoking** cigarettes, cigars, pipes, hookah, or marijuana causes 8 out of 10 cases of lung cancer.
2. **Asbestos** exposure
3. **Radon gas**, which is found at higher than normal levels in the soil in some parts of the United States, can't be seen, tasted, or smelled. Radon can become concentrated indoors. Smokers are especially sensitive to the effects of radon. State and local offices of the Environmental Protection Agency can provide information about how to test for radon in the home.
4. **Radiation treatment to the lung:** People who have had radiation to the chest to treat cancer are at higher risk for lung cancer, especially if they smoke. But non-smoking women who have radiation to the breast after surgery for breast cancer do not have a higher risk of lung cancer.
5. **Personal and family history:** If you have had lung cancer, you have a higher risk of getting another lung cancer. Brothers, sisters, and children of people who have had lung cancer may have a slightly higher risk themselves.
6. **Diet:** Some reports suggest that a diet low in fruits and vegetables might increase the risk of lung cancer in people who are exposed to tobacco smoke. It may turn out that fruits and vegetables help protect against lung cancer.
7. **Air pollution:** In some cities, air pollution may increase the risk of lung cancer. But the risk is still far less than that caused by smoking.

For more information, visit www.lungusa.org or www.cancer.org