



## Lung Cancer Fact Sheet

### Introduction

Lung cancer is the leading cause of cancer death for both men and women. This year, an estimated 228,190 people will be diagnosed with lung cancer and over 159,000 will die of the disease. Lung cancer accounts for about 14 percent of all new cancer diagnoses and 28 percent of all cancer deaths. Smoking is the most important risk factor for lung cancer.

### At Risk

- People who smoke
- People exposed to second-hand smoke
- People exposed to indoor and outdoor air pollution
- People exposed to certain toxic substances, such as arsenic, radon or asbestos
- People whose jobs expose them to radiation
- People with personal or family histories of lung cancer

### Risk Reduction and Early Detection

Don't smoke. If you smoke, quit.

- **Stay away from second-hand smoke.**
- **Make your home and community smoke-free.**
- **Check your home for radon. (Qualified contractors can be located through state radon offices, which are listed on the EPA Web site at [www.epa.gov/iaq/contacts.html](http://www.epa.gov/iaq/contacts.html).)**
- **Eat lots of fruits and vegetables.**

Some research says being physically active may reduce your risk.

Early results of a large study on a new way to screen for lung cancer in smokers and former smokers showed that low-dose helical CT scans (often called spiral CT scans) reduced the rate of death from lung cancer. If you're a smoker or a former smoker, talk with your health care professional to see if screening is a good choice for you.

### Symptoms

In the early stages, there may be no symptoms. Later these symptoms may occur:

- A cough that doesn't go away
- Coughing up blood
- Constant chest pain
- Repeated pneumonia or bronchitis
- Weight loss and loss of appetite
- Hoarseness
- Wheezing or shortness of breath
- Feeling very tired all the time

Talk with your health care professional if you have any of these symptoms.

***Stop Cancer Before It Starts!***

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## Treatment

Lung cancer treatment depends on the type of cancer (small cell or non-small cell), the size of the tumor and whether or not it has spread.

- Surgery is the usual treatment for disease in its early stages when it has not spread outside the lungs. Sometimes in early stages chemotherapy is used in combination with surgery.
- Radiation and chemotherapy are sometimes used in combination with surgery for later stages of the disease.
- Some patients with stage IV lung cancer (disease that has spread to distant organs) may be treated with oral therapies. These are patients with tumors that show certain genetic changes. Patients should have their tumors tested for these genetic changes.

New, less invasive surgery may help patients recover more quickly with the same results as older, more invasive surgery.

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For more information about lung cancer, visit

[www.PreventCancer.org](http://www.PreventCancer.org)

*This fact sheet features information from the following sources:*

*American Cancer Society. Cancer Facts & Figures, 2013.*

*American Cancer Society. Detailed Guide to Non Small Cell Lung Cancer. <http://www.cancer.org/Cancer/LungCancer-Non-SmallCell/DetailedGuide/index>; Detailed Guide to Small Cell Lung Cancer. <http://www.cancer.org/Cancer/LungCancer-SmallCell/DetailedGuide/index>.*

*National Cancer Institute, National Institutes of Health. What you Need to Know about Lung Cancer. <http://www.cancer.gov/cancertopics/wyntk/lung/>.*

*National Cancer Institute. National Institutes of Health. National Lung Screening Trial. <http://www.cancer.gov/clinicaltrials/noteworthy-trials/nlst>.*

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