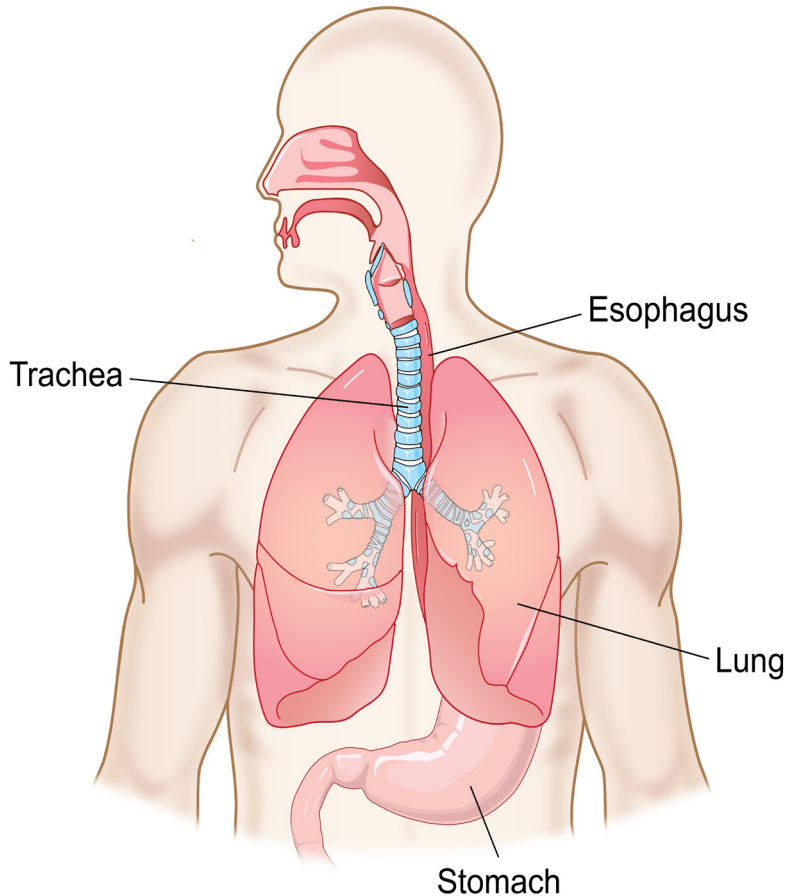


Lung Cancer

Information Sheet



What is lung cancer?

Lung cancer is cancer that starts in your lungs.

Your lungs are in your chest. When you breathe, air goes through your nose or mouth, down your windpipe (trachea) and into your lungs.

In Wisconsin, lung cancer is one of the most common cancers for both men and women.

How can I prevent lung cancer?

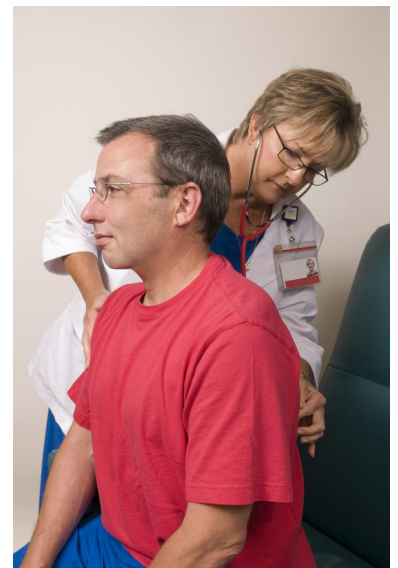
You can lower your chance of developing lung cancer by making healthy choices.

- Do not smoke
- Avoid secondhand smoke
- Stop smoking
- Avoid exposure to asbestos
- Test your home for radon
- Be active and have a healthy body weight
- Eat lots of fruits and vegetables
- Limit alcohol intake

What are the possible symptoms of lung cancer?

- A cough that will not go away
- Shortness of breath
- Chest pain
- Feeling very tired
- Unexplained weight loss
- Coughing up blood

Talk to your health care provider if you experience any of these symptoms. These symptoms may be caused by something other than cancer, but the only way to know what is causing them is to talk with your health care provider about them.



Lung Cancer

Are there screening tests that can prevent lung cancer or find it early?

If you are a current or former smoker, please talk to your health care provider about screening possibilities for lung cancer. Ask about the possible benefits and harms of lung cancer screening.

Where can I get more information?

The National Cancer Institute provides accurate and up-to-date information about lung cancer, other cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov



The tobacco quit line is a helpful resource for people who have decided to quit tobacco. Friends and family members wanting to help their loved ones quit are also welcome to call.

Phone: 1-800-QUIT-NOW (1-800-784-8669)

Website: <http://www.ctri.wisc.edu/quitline.html>

The Rural Cancer Network (RCaN) offers other user-friendly, cancer educational handouts. For more information about questions to ask your doctor about lung cancer screening, please see the “Lung Cancer Screening: Questions to Ask Your Doctor” handout.

Website: www.ruralcancernetwork.org



Carbone Cancer Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



ruralcancernetwork.org



**Cancer Health
Disparities Initiative**

For more local information, please contact:

Place label here

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