

## November – Lung Cancer Awareness Month

### STATISTICS

- Lung cancer is the leading cause of all cancer-related death in Michigan and the U.S.
- Lung cancer is the 2<sup>nd</sup> most frequently diagnosed cancer in Michigan, behind only prostate cancer.
- During 2005, a total of 7,681 Michigan men and women were diagnosed with lung cancer.
- 5,816 Michigan men and women died of lung cancer in 2006.
- Michigan ranks 20<sup>th</sup> in the nation in lung cancer deaths.
- In 2008, the American Cancer Society estimates that there will be 8,020 new cases of lung cancer and 5,890 lung cancer deaths in Michigan.

### SMOKING IN MICHIGAN

- Approximately 24% of Michigan men and 20% of Michigan women smoke cigarettes, significantly increasing their risk of developing lung cancer.
- 17% of Michigan high school students report smoking one or more days in the previous month.
- Michigan residents more likely to smoke are those with lower household incomes and low education levels.

### RISK FACTORS

- Smoking is the leading risk factor for lung cancer. Tobacco smoke causes 9 out of 10 cases of lung cancer.
- Nonsmokers who breathe second-hand smoke have an increased risk of developing lung cancer. Non-smoking spouses of smokers have a 20-30% greater risk of developing lung cancer than do spouses of non-smokers.
- Other factors that increase an individual's risk of developing lung cancer include:
  - Increasing age
  - A personal history of lung cancer
  - Exposure to asbestos or other specific cancer-causing agents in the workplace or environment

### RESOURCES

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Lung Cancer Alliance  
[www.lungcanceralliance.org](http://www.lungcanceralliance.org)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

Michigan Department of Community Health  
[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

National Cancer Institute  
[www.cancer.gov/cancerinfo/tobacco](http://www.cancer.gov/cancerinfo/tobacco)

Smoke-Free Michigan  
[www.smokefreemichigan.org](http://www.smokefreemichigan.org)

Michigan Department  
of Community Health



Jennifer M. Granholm, Governor  
Janet Olszewski, Director

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## COMMON SIGNS AND SYMPTOMS OF LUNG CANCER

Although most lung cancers do not cause symptoms until they have spread, you should report any of the following to your doctor right away. Often these problems are caused by something other than cancer. But if lung cancer is found, prompt treatment could extend your life and relieve your symptoms.

- A cough that does not go away
- Chest pain, often made worse by deep breathing
- Hoarseness
- Weight loss and loss of appetite
- Blood or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Recurring infections such as bronchitis and pneumonia
- New onset of wheezing

When lung cancer spreads to distant organs, it may cause the following:

- Bone pain
- Weakness or numbness of the arms or legs
- Dizziness
- Yellow coloring of the skin and eyes (jaundice)
- Masses near the surface of the body, caused by cancer spreading to the skin or to the lymph nodes in the neck or above the collarbone

## FREE SMOKING CESSATION RESOURCES

### Telephone Services

- Michigan Tobacco Quit Line  
**1-800-480-QUIT**
- National Cancer Institute  
**1-877-448-7848**

### Materials

- Quit smoking resource materials, including the Michigan Smoker's Quit Kit, can be obtained online at: [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)
- To order a hard copy of the Michigan Smoker's Quit Kit, please call the Michigan Tobacco Quit Line at **1-800-480-QUIT.**

### Online Services

- National Cancer Institute's Live Help [www.cancer.gov](http://www.cancer.gov)
- American Lung Association's Freedom from Smoking Program [www.lungusa.org](http://www.lungusa.org)
- Try-To-Stop Resource Center [www.trytostop.org](http://www.trytostop.org)
- Quit Net – Quit All Together [www.quitnet.com](http://www.quitnet.com)

## GREAT AMERICAN SMOKEOUT

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day. This year's event will be held on **November 20, 2008**. The event challenges people to stop using tobacco and raise awareness of the many effective ways to quit for good.

For more information about the Great American Smokeout, please visit [www.cancer.org](http://www.cancer.org).