

November – Lung Cancer Awareness Month

STATISTICS

- Lung cancer is the leading cause of cancer-related death in Michigan and the U.S.
- During 2006, a total of 7,603 Michigan men and women were diagnosed with lung cancer.
- 5,910 Michigan men and women died of lung cancer in 2007.
- Michigan ranks 19th in the nation in lung cancer deaths, with 32 states having lower rates.

RESOURCES

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

Centers for Disease Control and Prevention
www.cdc.gov/tobacco

Lung Cancer Alliance
www.lungcanceralliance.org

Michigan Cancer Consortium
www.michigancancer.org

Michigan Department of Community Health
www.michigan.gov/tobacco

National Cancer Institute
www.cancer.gov/cancerinfo/tobacco

Smoke-Free Michigan
www.smokefreemichigan.org

RISK FACTORS

- Tobacco smoking is the leading risk factor for lung cancer.
- Tobacco use accounts for at least 30% of all cancer deaths and 87% of lung cancer deaths.
- Nonsmokers who breathe second-hand smoke have an increased risk of developing lung cancer. Each year, about 3,000 non-smoking adults in the U.S. die of lung cancer as a result of breathing secondhand smoke.
- Other factors that increase an individual's risk of developing lung cancer include:
 - Increasing age
 - A personal history of lung cancer
 - Hookah (water pipe) smoking
 - Radiation treatment to the chest
 - Air pollution
 - History of tuberculosis
 - Exposure to asbestos, radon, or other specific cancer-causing agents in the workplace or environment

SMOKING IN MICHIGAN

- Approximately 22.1% of Michigan adults are smokers. Of current smokers, 23.5% are men and 18.9% are women.
- 17.0% 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.

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, are online at: www.michigan.gov/tobacco
- To order a hard copy of the Michigan Smoker's Quit Kit, please call **1-800-480-QUIT**.

Online Services

- National Cancer Institute's Live Help www.cancer.gov
- American Lung Association's Freedom from Smoking Program www.lungusa.org
- Try-To-Stop Resource Center www.trytostop.org



Smoking accounts for 30% of all cancer deaths...which means you have the power to do something.

Small steps like calling the Michigan Tobacco Quit Line at **1-800-480-QUIT** to help you quit can reduce your risk.

Quitting isn't easy, but with the right help you can succeed.