

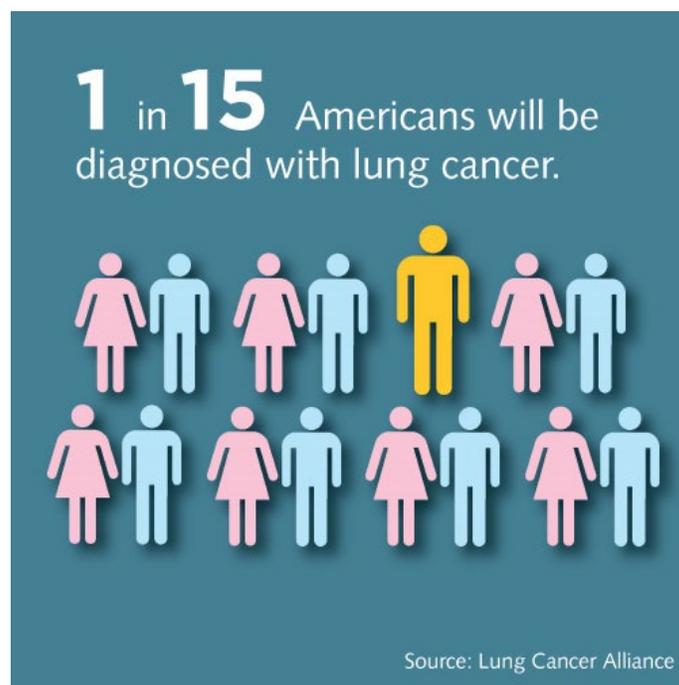
**Your Health and Safety Matters!**

**NOVEMBER IS ABOUT: LUNG CANCER AWARENESS**



**Facts about Lung Cancer:**

- Lung cancer is the second most common cancer in both men and women (not including skin cancer).
- Lung cancer accounts for about 14 percent of all new cancers.
- This year, 116,470 men and 109,690 women will be newly diagnosed with lung cancer in the United States.
- About 160,340 people will die from lung cancer in the United States this year.
- About two out of three people diagnosed with lung cancer are 65 or older.
- Fewer than 2 percent of all cases are found in people younger than 45.
- The chance that a man will develop lung cancer in his lifetime is about 1 in 13 and for a woman, 1 in 16.
- African American men are about 40 percent more likely to develop lung cancer than Caucasian men. The rate is about the same in African American women and in Caucasian women.
- Twenty-five percent of all cases of lung cancer worldwide are diagnosed in people who have never smoked. The underlying cause in these cases is not well understood.
- Two out of three people diagnosed with lung cancer are over age 65.
- The most common age at diagnosis is 70 years.



## How common is lung cancer?

Lung cancer is the second most common malignancy in the country, but it is the deadliest as it causes the highest number of deaths of all cancers. Lung cancer diagnoses are expected to be about 228,150 new cases in 2019 in the United States, while a predicted 142,670 deaths will occur in 2019.

The lung cancer rate has been dropping among men for many years and is just beginning to drop in women after a long period of rising.

Although lung cancer is a serious illness, some people are cured. More than 350,000 people alive today have been diagnosed with lung cancer at some point. With diagnosis, it's important to seek support.

*Lung cancer accounts for about 27 percent of all cancer deaths and is by far the leading cause of cancer death among both men and women.*

*Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined*

## What causes lung cancer?

### Smoking

The incidence of [lung cancer](#) is strongly correlated with cigarette [smoking](#), with about 90% of [lung](#) cancers arising as a result of [tobacco](#) use. The risk of [lung cancer](#) increases with the number of cigarettes smoked over time; doctors refer to this risk in terms of pack-years of [smoking](#) history (the number of packs of cigarettes smoked per day multiplied by the number of years smoked). For example, a person who has smoked two packs of cigarettes per day for 10 years has a 20 pack-year smoking history. While the risk of lung cancer is increased with even a 10 pack-year smoking history, those with 30 pack-year histories or more are considered to have the greatest risk for the development of lung cancer. Among those who smoke two or more packs of cigarettes per day, one in seven will die of lung [cancer](#). But even though the risk is higher the more you smoke, there is no safe level of exposure to tobacco smoke.

Pipe and [cigar smoking](#) can also [cause lung cancer](#), although the risk is not as high as with cigarettes. While someone who smokes one pack of cigarettes per day has a risk for the development of lung [cancer](#) that is 25 times higher than a nonsmoker, pipe and cigar smokers have a risk of lung [cancer](#) that is about five times that of a nonsmoker.

Tobacco smoke contains over 4,000 chemical compounds, many of which have been shown to be [cancer](#)-causing, or carcinogenic. The two primary carcinogens in tobacco smoke are chemicals known as nitrosamines and polycyclic aromatic hydrocarbons. The risk of developing lung cancer decreases each year following [smoking cessation](#) as normal cells grow and replace damaged cells in the lung. In former smokers, the risk of developing lung cancer begins to approach that of a nonsmoker about 15 years after cessation of smoking.

## Passive smoking

Passive smoking, or the inhalation of tobacco smoke from other smokers sharing living or working quarters, is also an established risk factor for the development of lung cancer. Research has shown that nonsmokers who reside with a smoker have a 24% increase in risk for developing lung cancer when compared with other nonsmokers. An estimated 3,000 lung cancer deaths occur each year in the U.S. that are attributable to passive smoking.

### The following factors can increase your risk of lung cancer:

- [Tobacco smoke](#)
- [Radon](#)
- [Asbestos and other carcinogens](#)
- [Air pollution](#)
- [Family or personal history of lung cancer](#)
- [Radiation therapy](#)
- [Age 65 and older](#)
- [Diet](#)

## How Preventable is Lung Cancer?

*Tobacco use causes approximately 90 to 95 percent of the over 200,000 lung cancer cases in the US every year.*

Not using tobacco in any form is the best protection against lung cancer possible.

Diets high in fruit could [prevent thirty-six percent](#) of those US lung cancer cases **not** caused by tobacco.

## Signs & Symptoms

*Lung cancer may not cause any symptoms, especially in the early stages of disease.*

Therefore, it may first be detected on X-rays, CT scans, or other kinds of tests being done to check on another condition.

The following signs and symptoms of lung cancer may also be caused by many other conditions and are not specific to lung cancer.

Talk to your doctor if you have any of the following:

### Coughing symptoms

- A cough that gets worse or does not go away
- Coughing up blood

## **Chest symptoms**

- Breathing trouble, such as shortness of breath
- New wheezing when you breathe
- Ache or pain in your chest, upper back, or shoulder that doesn't go away and may get worse with deep breathing
- A hoarse voice
- Frequent respiratory tract infections, such as pneumonia or bronchitis

## **General physical symptoms**

- Feeling unusually tired all the time
- Weight loss with no known cause and loss of appetite
- Trouble swallowing
- Swelling in the face and/or veins in the neck

Lung cancer that spreads may cause other symptoms, like pain in the back or other bones or weakness in the arms or legs. If it spreads to the brain, it may cause headaches, seizures, or vision changes.<sup>1,2</sup>

## **How does lung cancer affect breathing?**

The tumor can block off an airway and interfere with breathing. When an airway is blocked, mucus trapped in the lung may become infected, resulting in pneumonia. Lung cancer can also cause fluid to build up in the space between the lungs and the ribs. This compresses the spongy lung tissue so that the air sacs can't fill with air, causing shortness of breath.

## **You could benefit from annual screening if you are:**

- A current or former smoker who quit within the past 15 years
- And aged 55 to 80
- And you have smoked at least one pack of cigarettes a day for 30 years, or two packs a day for 15 years

*Resources:*

[http://tobaccofreeca.com/other-tobacco-products/the-number-1-preventable-cause-of-death/?gclid=CjwKCAjw3\\_HOBRBaEiwAvLBbom9C2QJ2WtOoZhG3lGxV3Vx2HreA86w6n2vucBPaRiDbPt3nGBkntxoCoHcQAvD\\_BwE](http://tobaccofreeca.com/other-tobacco-products/the-number-1-preventable-cause-of-death/?gclid=CjwKCAjw3_HOBRBaEiwAvLBbom9C2QJ2WtOoZhG3lGxV3Vx2HreA86w6n2vucBPaRiDbPt3nGBkntxoCoHcQAvD_BwE)

[http://www.aicr.org/reduce-your-cancer-risk/cancer-site/cancersite\\_lung.html?gclid=CjwKCAjw3\\_HOBRBaEiwAvLBbop0798Qas3VtLGf2nWFrr5063qAbYQYGKjFfnQ1tWtYy2B9U7gtHGRoCJN8QAv](http://www.aicr.org/reduce-your-cancer-risk/cancer-site/cancersite_lung.html?gclid=CjwKCAjw3_HOBRBaEiwAvLBbop0798Qas3VtLGf2nWFrr5063qAbYQYGKjFfnQ1tWtYy2B9U7gtHGRoCJN8QAv)

<https://www.webmd.com/lung-cancer/guide/lung-cancer-overview-facts>

<https://www.lungcancerfoundation.org/about-us/lung-cancer-facts/>

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet.html?referrer=https://www.google.com/>

<http://www.nfcr.org/blog/blog7-facts-you-need-to-know-about-lung-cancer/>

<https://www.everydayhealth.com/news/essential-facts-about-lung-cancer/>

<https://www.verywell.com/facts-about-lung-cancer-2249396>

**Special Announcement!**  
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