

Statistics

- Lung cancer is the leading cause of cancer deaths worldwide.
 - About 80% of lung cancer deaths are thought to result from smoking.
 - Cigar smoking, pipe smoking, and menthol cigarette smoking are almost as likely to cause lung cancer as cigarette smoking.
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- Tobacco smoke contains more than 60 different toxic substances.
 - Quitting smoking, even after smoking for many years, greatly reduces lung cancer risk.

FOR MORE INFORMATION OR
RESOURCES: SCAN BELOW



Resources



Who are we?

CaRE² Health Equity Center
Community Outreach Core





We aspire to

Eliminate cancer health disparities among Black and Latino communities living in California and Florida.

Contact Us

for more information



 @Care2HealthEquity
 <https://care2healthequitycenter.org>



UNDERSTANDING LUNG CANCER





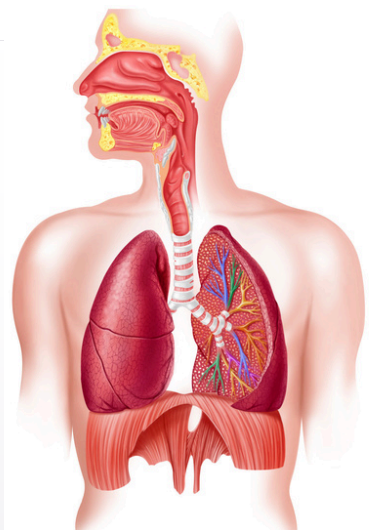
What is Lung Cancer?

Lung cancer is a type of cancer caused by uncontrolled cell growth in your lungs.



Function of Lungs

Your lungs are two sponge-like organs in your chest. When you breathe in, air travels through your mouth or nose, down the windpipe, and into the lungs through branching tubes.



These tubes lead to tiny air sacs called alveoli, where oxygen is absorbed into the blood and carbon dioxide is removed when you breathe out.



Risk Factors

Smoking is by far the leading risk factor for lung cancer. Other risk factors include:

- Second hand smoke
- Exposure to radon
- Exposure to asbestos
- Air pollution
- Family history of lung cancer
- Obesity



Signs & Symptoms

Lung cancer typically causes symptoms only when the disease is advanced.

Symptoms include:



Coughing



Chest pain



Coughing up blood



Shortness of breath



Hoarseness



Wheezing



Screening

Who Should Get Screened?

Age Group: 50 - 80 years old.

Smoking History:

- Have a history of smoking at least 20 pack-years (A pack-year means smoking one pack of cigarettes per day for one year, or an equivalent amount.)
- Currently smoke or have quit within the past 15 years.

Recommended Screening Method:

- Low-Dose Computed Tomography (LDCT.)
- Frequency: Annually (once a year.)

Why Get Screened?

Early detection of lung cancer significantly improves treatment results and survival rates. If you meet the criteria, talk to your healthcare provider about scheduling an annual LDCT scan.