

# WORLD LUNG CANCER DAY: HONOR, UNITE, INSPIRE

World Lung Cancer Day is a grassroots effort, started by a lung cancer survivor and embraced by the lung cancer community. It is a day to celebrate survivors, remember those who have passed, and spread awareness to the general public about the impact of lung cancer.

## HEALTH FACTORS

While smoking is widely recognized as a risk factor for lung cancer, other lesser known risks are also important.

- Environment - **Radon, asbestos, arsenic, beryllium, and uranium** have all been linked to lung cancer.
- **Radiation** increases the risk of developing lung cancer.
- Diseases such as **emphysema, chronic bronchitis, chronic obstructive pulmonary disease, and TB** may increase lung cancer risk.
- A **history of cancer** in another part of the body increases your risk of lung cancer.
- **Lung cancer risk increases with age** - only about 10 percent of lung cancer cases occur in people younger than 50 years old.

## DID YOU KNOW?

Lung cancer is the most common worldwide cause of death from cancer, and has been for more than a decade.

- Lung cancer is responsible for nearly **one in five cancer deaths**.
- Lung cancer **claims more lives** yearly than **breast, colon, and prostate cancers combined**.
- The highest incidence of lung cancer is in **North America and Europe**.
- The lowest incidence of lung cancer is in **Africa, Latin America, and the Caribbean**.

## EARLY SIGNS

Recognizing the signs of lung cancer is key to early detection and life-saving treatment.

- A cough that is getting worse and lasts for weeks
- Coughing up blood or rust-colored phlegm
- Shortness of breath
- Chest pain
- Hoarseness
- Pain in bones
- Unintentional weight loss

Contact your health provider if you have questions or would like to learn more about lung cancer.

