

## **Lung cancer Awareness Month**

Lung cancer is the leading cause of cancer death and the second most common cancer among men and women in the United States. After increasing for decades, lung cancer rates are decreasing nationally as fewer people smoke cigarettes.

### **Risk Factors of Smoking:**

- Cigarette smoking is linked to about 80% to 90% of lung cancers.
- Cigarette smoking is the number one cause of lung cancer
- Other types of tobacco products, (such as pipes or cigars) also increase the risk of lung cancer.
- Tobacco smoke is a toxic mix of more than 7,000 chemicals. Many are poisonous.
- At least 70 are known to cause cancer in people or animals.

### **People Who Smoke:**

- Are 15-30 times more likely to get lung cancer or die from it than those who do not smoke.
- Smoking a few cigarettes per day or smoking occasionally increases the risk of cancer.
- The more years a person smokes and the more cigarettes smoked each day, the more risk goes up.

### **Secondhand Smoke**

- Smoke from other people's cigarettes, pipes or cigars can also cause lung cancer.
- Breathing in this smoke is like he or she is smoking.
- 7,300 people who never smoked die from lung cancer every year.

## **Radon**

- This is the second leading cause of lung cancer.
- It is a naturally occurring gas that comes from rocks and dirt and can get trapped in houses and buildings.
- Radon is an invisible, odorless and tasteless gas, with no immediate health symptoms.
- The Environmental Protection Agency encourages testing your home for radon every two years.
- Nearly one out of every 15 homes in the U.S. is thought to have high radon levels.
- A radon level of 4 pCi/L or more requires steps to remedy the problem.
- Simple test kits can reveal the amount of radon in any building.
- Radon test kits are available from county and city Health Departments, hardware stores, home improvement centers or other retail outlets.

Source: [www.cdc.gov/cancer/dcpc/about/](http://www.cdc.gov/cancer/dcpc/about/); Michigan Cancer Consortium Tool of the Month; [www.epa.gov/radon/](http://www.epa.gov/radon/).