



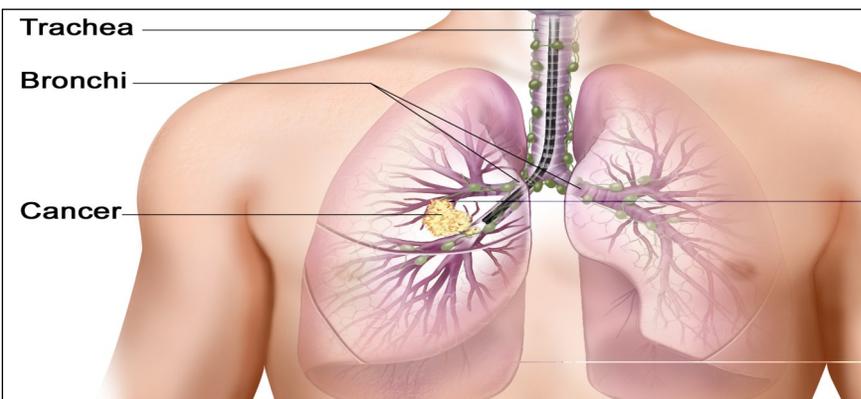
Cancer Health Facts

Awareness. Hope. Believe. Cure. Love. Early Detection. We Can Win This Fight.

What is Lung Cancer?

Lung cancer is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale.

Lung cancer is the leading cause of cancer deaths in the United



Cancer in the Lung

Numbers at a Glance

221,200

New cases of Lung Cancer are expected in 2015

90%

Of Lung Cancer Rates are caused by Smoking

158,040

Deaths that are expected from Lung Cancer in 2015

3rd

Lung Cancer is the 3rd Leading cause of Death amongst Native American People

83%

Lung Cancer rates are up to 83% higher among Native Americans



Northern Plains Tribal Tobacco Technical Assistance Center
A PROGRAM OF THE GREAT PLAINS TRIBAL CHAIRMEN'S HEALTH BOARD

States, among both men and women. Lung cancer claims more lives each year than do colon, prostate, ovarian and breast cancers combined.

People who smoke have the greatest risk of lung cancer. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

The two general types of lung cancer include:

- **Small cell lung cancer.** Small cell lung cancer occurs almost exclusively in heavy smokers and is less common than non-small cell lung cancer.
- **Non-small cell lung cancer.** Non-small cell lung cancer is an umbrella term for several types of lung cancers that behave in a similar way. Non-small cell lung cancers include squamous cell carcinoma, adenocarcinoma and large cell carcinoma.

Causes of Lung Cancer

Smoking causes the majority of lung cancers — both in smokers and in people exposed to secondhand smoke. But lung cancer also occurs in people who never smoked and in those who never had prolonged exposure to secondhand smoke. In these cases, there may be no clear cause of lung cancer. How smoking causes lung cancer—Doctors believe smoking causes lung cancer by damaging the cells that line the lungs. When you inhale cigarette smoke, which is full of cancer-causing substances (carcinogens), changes in the lung tissue begin almost immediately. At first your body may be able to repair this damage. But with each repeated exposure, normal cells that line your lungs are increasingly damaged. Over time, the damage causes cells to act abnormally and eventually cancer may develop.

Signs & Symptoms of Lung Cancer

Lung cancer typically doesn't cause signs and symptoms in its earliest stages. Signs and symptoms of lung cancer typically occur only when the disease is advanced. Signs and symptoms of lung cancer may include: A new cough that doesn't go away, Changes in a chronic cough or "smoker's cough", Coughing up blood, even a small amount, Shortness of breath, Chest pain, Wheezing, Hoarseness, Losing weight without trying, Bone pain, and Headache

In its early stages, lung cancer normally has no symptoms. When symptoms start to appear, they are usually caused by blocked breathing passages or the spread of cancer further into the lung, surrounding structures, other parts of the body.

Lung cancer symptoms may include:

- Chronic, hacking, raspy coughing, sometimes with blood - streaked mucus.
- Recurring respiratory infections, including bronchitis or pneumonia.
- Increasing shortness of breath, wheezing, persistent chest pain.
- Hoarseness
- Swelling of the neck and face
- Pain and weakness in the shoulder, arm, or hand
- Fatigue, weakness, loss of weight and appetite, intermittent fever, severe headaches, and body pain
- Difficulty swallowing

Medical Observer | Source: WebMD

What to do if you Suspect Lung Cancer

If you have signs and symptoms that worry you, start by seeing your family doctor or a general practitioner. Because appointments can be brief, it's a good idea to be well prepared. To help you get ready, try to: Be aware of any pre-appointment restrictions. At the time you make the appointment, be sure to ask if there's anything you need to do in advance, such as restrict your diet. Write down any symptoms you're experiencing, including any that may seem unrelated to the reason for which you scheduled the appointment. Note when your symptoms began. The more information that you have the better.

