

November is Lung Cancer Awareness Month



Ways to lower your risk for lung cancer:

- **Don't smoke!** Call QuitlineNC 24/7 at 1-800-QUIT-NOW or visit QuitlineNC.com.
- **Avoid secondhand smoke.**
- **Get your home tested for radon!** Second leading cause of lung cancer in smokers and leading cause of lung cancer in non-smokers.
- **Lower exposure to cancer-causing substances at work** (i.e., asbestos, arsenic, nickel and chromium).

Who Should Be Screened for Lung Cancer?

The U.S. Preventive Services Task Force recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who:

- Have a history of heavy smoking, **and**
- Smoke now or have quit within the past 15 years, **and**
- Are between 55 and 80 years old.

Talk with your doctor about screening risks and benefits.

Heavy smoking means a smoking history of 30 pack years or more. A *pack year* is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.

Links to Online Resources

- [About Lung Cancer Fact Sheet](#)
- [American Cancer Society – Great American Smokeout \(November 15th\)](#)
- [American Lung Association – Lung Cancer](#)
- [CDC - Lung Cancer](#)
- [CDC 30 Tobacco Free Days Facebook event for military service members, veterans and their loved ones.](#)
- [George Washington School of Medicine and Health Science 2018 Prostate Social Media Tool Kit](#)
- [George Washington Lung Cancer Awareness Month](#)
- [Lung Cancer Initiative of North Carolina – Lung Cancer Awareness Month](#)
- [National Cancer Institute – Lung Cancer](#)
- [We Are Smokefree Posters](#) – Available online or contact Doranna Anderson for printed copies.



For more information contact:

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