

# LUNG CANCER:

## What You Need to Know

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### Where Do I Find Help?

- American Lung Association  
[Lung Cancer Information](#)
- National Cancer Institute  
[Lung Cancer Information](#)
- Michigan Dept. of Health and Human Services  
[www.michigan.gov/cancer](http://www.michigan.gov/cancer)
- Michigan Tobacco Quitline  
1-800-784-8669
- Michigan Department of Environmental Quality  
[Radon Information](#)

### Additional Facts

Estimated 2015 Lung Cancer Cases and Deaths in Michigan:

New cases: 8,350

Deaths: 6,010

Source: [American Cancer Society Cancer Facts & Figures 2015](#)

### What Is Lung Cancer?

**Lung cancer** is a cancer that starts in one or both lungs. There are different types of lung cancer. Malignant or cancerous tumors can form and these can spread to other parts of the body.



### What Causes Lung Cancer?

Some things can increase your chance, or risk, of getting lung cancer:

- ✓ Smoking (cigarettes, cigars or pipe) causes most (87%) lung cancer deaths
- ✓ Breathing in secondhand smoke
- ✓ Radon (a radioactive gas that can reach dangerous levels in some homes)
- ✓ Asbestos, radiation and exposure to other chemicals
- ✓ If you (have had lung cancer previously) or someone in your family has had lung cancer (inherited risk for lung cancer)

### What Can I Do To Lower My Chances Of Getting Lung Cancer?

- ✓ Don't start smoking or stop smoking if you do
- ✓ Avoid breathing in other people's smoke
- ✓ Test your house for radon
- ✓ Protect yourself when you work around cancer causing chemicals
- ✓ Limit alcohol intake
- ✓ A healthy diet with lots of fruits and vegetables

### How Do I Find Lung Cancer Early?

Lung cancer screening may be appropriate for some people – talk with your doctor about your answers to these questions:

- ✓ Do you smoke or have you quit smoking less than 15 years ago?
- ✓ Do you have at least a 30 pack-year history of smoking? Determine this by multiplying the number of packs of cigarettes you smoke each day times the number of years you have smoked.
- ✓ Are you 55-80 years of age?

### Call Your Doctor If You Have any Signs or Symptoms

- ✓ A cough that does not go away or gets worse
- ✓ Chest pain that is often worse with deep breathing, coughing, or laughing
- ✓ Hoarseness
- ✓ Weight loss and loss of appetite
- ✓ Coughing up blood or rust-colored sputum (spit or phlegm)
- ✓ Shortness of breath
- ✓ Feeling tired or weak
- ✓ Noticing new wheezing sounds with your breathing