



### **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 US, among both men and women. It claims more lives each year than do colon, prostate, ovarian and breast cancers combined.

### **What Causes Lung Cancer?**

Smoking causes the majority of lung cancers- both in smokers and people exposed to secondhand smoke. Cigarettes and secondhand smoke contain carcinogens (cancer causing substances) that when inhaled cause cells to act abnormally and eventually cancer may develop.

*If you or anyone you know smokes, the Bethlehem Health Bureau has a Smoking Cessation Program that can help you to take the next step, and decrease your risk for lung cancer. See below for more information.*

#### **Other Risk factors include:**

- Exposure to radon gas
- Exposure to asbestos and other chemicals
- Family history of lung cancer

### **Symptoms:**

Lung cancer typically doesn't cause signs and symptoms in its earliest stages and more typically occur when the disease is advanced.

#### **Signs and symptoms may include:**

- A new cough that doesn't go away
- Changes in chronic cough or "smokers cough"
- Shortness of breath
- Chest pain
- Wheezing
- Hoarseness
- Losing weight without trying
- Bone pain
- Headache

**Decrease your risk:**

Decrease your risk for lung cancer by avoiding smoking, or second hand smoke. Have your home and water supply routinely checked for Radon and other chemicals. Know your family history; if someone in your family has had lung cancer you have an increased risk in developing the disease. And finally, report any and all symptoms to your doctor.

<http://www.mayoclinic.org/diseases-conditions/lung-cancer/basics>



The Bethlehem Health Bureau can help you quit smoking.

This FREE program includes:

- Personalized counseling and quit plan
- Nicotine Replacement Therapy (patches, gum, lozenge)

For more information or to schedule an appointment call:

**610-865-7083**