



Signs and Symptoms

While symptoms in the earliest stages of lung cancer are hard to detect, as the disease progresses symptoms can include:

- Chronic cough
- Hoarseness
- Coughing up blood
- Weight loss or loss of appetite
- Shortness of breath
- Unexplained fever
- Wheezing
- Recurring bronchitis or pneumonia
- Chest or shoulder pain

If you have any symptoms, or you believe you may be at risk, talk to your doctor, who can help take the necessary steps to protect your health.

Resources

American Lung Association of Metropolitan Chicago

(312) 243-2000
www.lungchicago.org

CancerCare, Inc.

(800) 813 HOPE (4673)
www.cancercare.org

Cancer Support Center

(708) 798-9171
www.cancersupportcenter.org

Cancer Survivors Against Radon

www.cansar.org

Cancer Wellness Center

(847) 509-9595
www.cancerwellness.org

Gilda's Club Chicago

(312) 464-9900
www.gildasclubchicago.org

Joan's Legacy

www.joanslegacy.org

LUNgevity Foundation

www.lungevity.org

Lung Cancer Alliance

(202) 463-2080, (800) 298-2436
www.lungcanceralliance.org

Lung Cancer Online Foundation

www.lungcanceronline.org

National Cancer Institute

www.cancer.gov

Survivors for Lung Cancer

Awareness and support
www.lungcancersurvivors.org

Wellness House

(630) 323-5150
www.wellnesshouse.org

Wellness Place

(847) 221-2400
www.wellnessplace.org

Women Against Lung Cancer

(608) 233-7905
www.womenagainstlungcancer.org

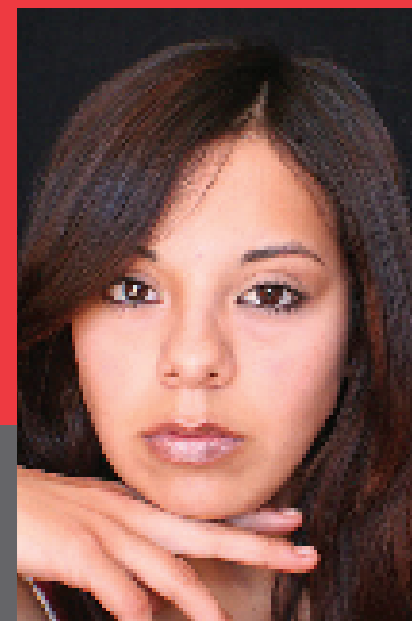
For a complete listing of the Lung Cancer Initiative's Advisory Council, visit www.lungchicago.org

Improving Life, One Breath at a Time

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LUNG CANCER

An Overview for You and Your Family



Lung Cancer Initiative
Prevention → Policy → Progress

+ AMERICAN LUNG ASSOCIATION®
of Metropolitan Chicago

About Lung Cancer

Lung cancer is the number-one cancer killer in the United States. Yet very few people realize what this means, or that they may be at risk. You might be surprised to find out that nearly half of all new cases of lung cancer in the United States occur in people who don't currently smoke.

There is some good news—lung cancer seems to be declining among African Americans. But among women, the disease continues to grow. In fact, more women die of lung cancer than breast, ovarian and cervical cancer combined.

New treatment options and tremendous research efforts continue to give us greater hope than ever before. But the best chances of survival come with early detection. That is why it's important to know the warning signs and see your doctor whenever you have concerns about your health.

FAST FACTS

- 600%** Increase of lung cancer diagnosis in women since 1955
- 50%** Higher incidence rate among African American males compared to White males
- 100%** Deaths caused by smoking that could have been prevented

THE NUMBER OF PEOPLE THAT WILL DIE OF LUNG CANCER THIS YEAR

- 165,100** in the United States
- 6,759** in Illinois
- 2,000** in Suburban Cook County
- 1,500** in Chicago

Are You at Risk?

Some of the key risk factors are:

- **Smoking** is the leading cause of lung cancer, responsible for an estimated 87% of all lung cancer cases.
- **Radon** is the second leading cause of lung cancer and is linked to 12% of lung cancer deaths. It is present in 1 out of 15 homes in Illinois. Smoking and radon exposure together greatly increases your risk.
- **Secondhand smoke** has been linked to over 20,000 cases of lung cancer and 3,000 deaths per year in the U.S., with 65% of those deaths occurring in women. Non-smoking workers in a smoking facility have a 16–19% increased risk of lung cancer.
- **Work-related exposure** to asbestos, uranium, arsenic and certain petroleum products is another leading cause of lung cancer. Smoking and work-related exposure together increases your risk.
- **Air pollution** can cause lung cancer. Risk of dying from lung cancer in the most polluted cities may be comparable to the risk associated with long-term exposure to secondhand smoke.
- **Family history** of lung cancer increases your risk. People with a family history of early onset lung cancer (before age 50) are 2 times more likely to develop lung cancer, with an even higher risk among smokers and former smokers.
- **Your medical history** can increase your risk of getting lung cancer. Lung diseases such as tuberculosis, COPD, pulmonary fibrosis and asthma are sometimes associated with higher lung cancer risk.

Change For the Better

The American Lung Association of Metropolitan Chicago is working hard to protect you and your family against lung cancer. Through our lung cancer initiative, clean air initiatives, stricter tobacco legislation and personalized quit-smoking support, we're here to help.

There are steps you and your family can take to reduce your risk of lung cancer.

1. **Stop smoking.** Log on to our website or call the Illinois Tobacco Quitline, 1-866-784-8937, for support, guidance and encouragement.
2. **Avoid secondhand smoke.** Encourage co-workers and family members to quit. Advocate for smoke-free environments.
3. **Check your home for radon.** Order an inexpensive test kit through ALAMC.
4. **Eat a colorful, healthy diet.** There are many nutrients in fruits and vegetables that may help prevent cancer. Visit www.mypyramid.gov or www.5aday.gov.
5. **Advocate for clean air.** Support clean energy including wind and solar power by supporting clean air policies.
6. **Talk to your doctor.** Share your lung cancer risks with your doctor. Early diagnosis is your best chance of success.
7. **Stay informed about lung cancer.** Join the Lung Cancer Initiative of Chicago. Visit www.lungchicago.org.
8. **Advocate for more lung cancer research funding.** Lung cancer receives far less research funding than other leading cancers.

