

My Action Plan

- ☐ I will not smoke.
- ☐ I will avoid the smoke from other people smoking.
- ☐ I will make my home and car smoke-free.
- ☐ I will get my home tested for radon gas.
- ☐ I will avoid cancer-causing agents.
- ☐ As a smoker or former smoker, I will ask my doctor if lung cancer screening is the right choice for me.



Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

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Are there any factors that protect me from Lung Cancer?

If you're a smoker, stop smoking. Quitting is the best way to protect yourself and others from lung cancer. If you don't smoke, don't start. Smoking causes about 90% of lung cancer deaths in men and about 80% in women. Avoid being around smoke and other cancer-causing agents at home and at work.

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Lung Cancer

☒ **Know the Facts...**



Am I at risk for Lung Cancer?

There is no way to know for sure if you are going to get lung cancer. Certain things raise your chances of getting it. These are called risk factors. Check your risk factors below for lung cancer:

- ☐ I am a smoker
- ☐ I used to smoke
- ☐ I am around other people that smoke
- ☐ I am around radon, a radioactive gas that has no smell and comes from the ground
- ☐ I am around asbestos
- ☐ I am around other cancer-causing agents such as uranium, arsenic, and diesel exhaust
- ☐ I have a family history of lung cancer
- ☐ I have had radiation therapy to my chest
- ☐ I have another lung disease (such as COPD, emphysema, chronic bronchitis, or pneumonia)

If you *checked any* of these risk factors, you may be at risk for lung cancer.



What are the symptoms of Lung Cancer?

Lung cancer often has mild or no symptoms in the early stages. But as the cancer grows, symptoms may include:

- 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 or loss of appetite
- Coughing up blood or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Feeling tired or weak
- Infections, such as bronchitis and pneumonia, that don't go away or keep coming back
- New wheezing

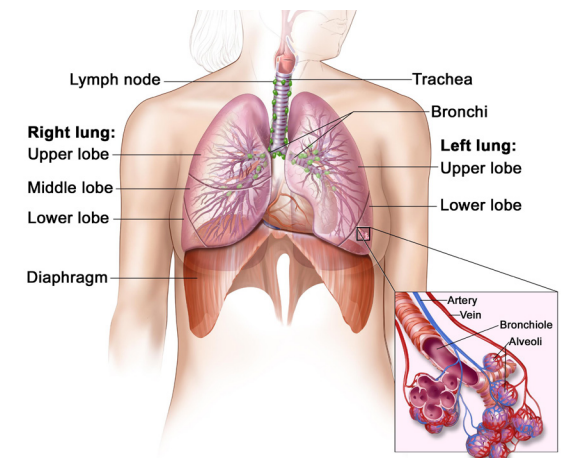
What are the screening tests for Lung Cancer?

Low-dose CT scan

A low-dose CT scan of the chest uses X-rays to create a detailed image of your lungs. Your doctor will use the image to look for signs of lung cancer. During the scan, you lie on a table that slides into a donut-shaped scanner.

If you can check **every** box below, you may want to talk with your doctor about your need for a lung screening test, or call us to make an appointment at 888-FOX-CHASE.

- ☐ You are a current smoker or have quit within the last 15 years
- ☐ You are 55–77 years old
- ☐ You have a smoking history of 30 pack-years or more. A “pack-year” means that you have smoked an average of 1 pack of cigarettes per day for a year
- ☐ Your health is good enough to consider lung cancer treatment if cancer is found



Anatomy of the respiratory system