

**LUNG CANCER  
AWARENESS  
MONTH**

**The facts:**

**Lung Cancer is the leading cause of cancer death in both men and women in every ethnic group.**

**It will take the lives of:**

- **More people than the next four deadly cancers combined**
- **Over three times as many men as prostate cancer**
- **Nearly twice as many women as breast cancer**
- **An average of 437 people every day**

## **People at risk for lung cancer:**

- **87% of lung cancer cases are caused by SMOKING.**
- **Exposure to radon can increase risk**
- **Environmental exposure to cancer-causing agents may contribute**
- **Some types of pneumonia may cause scarring that can contribute.**
- **There are many unknown factors**

## **Prevention**

- **DON'T SMOKE**
- **STOP SMOKING NOW**
- **Avoid secondhand smoke.**
- **Test your home for radon**
- **Avoid carcinogens at work**
- **Eat a diet full of fruits and vegetables.**
- **Drink alcohol in moderation, if at all.**
- **Exercise**

