



LUNG HEALTH

PROMOTING CANCER AWARENESS
& EARLY DETECTION

Taking Control of Your Health

Cancer is the most curable in its early stages. At the Barbara Ann Karmanos Cancer Institute, we know that routine screenings save lives every day. Advocate for your health and talk with a health care professional to make an informed decision on which screenings are right for you.

What is lung cancer?

- Lung cancer is the growth of cancer cells in the lungs.
- The two main types of lung cancer are non-small cell lung cancer (the most common) and small cell lung cancer.
- Lung cancer is the leading cause of cancer death for both men and women in the United States.
- More people die from lung cancer than from colon, breast and prostate cancers combined.

Who can get lung cancer?

- Smoking causes 80-90 percent of lung cancer.
- Tobacco contains at least 60 cancer-causing substances.
- Men and women who smoke are 23 percent and 13 percent, respectively, more likely to get lung cancer than someone who never smoked.
- The longer you smoke and the more packs a day you smoke increase the risk of getting lung cancer.
- Second-hand smoke (breathing in someone else's smoke) increases the risk of getting lung cancer.

Symptoms of lung cancer

Early lung cancer does not have any symptoms. The earlier lung cancer is found, the greater the chance of survival. It is important to see your health care provider if you have:

- A cough that doesn't go away
- A cough that causes you to bring up blood
- Shortness of breath, wheezing or hoarseness
- Chest pain
- Swelling of the face and neck
- Arm pain or weakness
- Loss of appetite or weight loss



Remember
it is never too late to quit smoking

With our focus on multidisciplinary cancer research and care, the Barbara Ann Karmanos Cancer Institute offers promising new treatments and prevention studies known as clinical trials.

Who should be screened for lung cancer?

Early detection of lung cancer increases the chance for successful treatment. Screening for cancer is done with low-dose spiral computed tomography (CT scan). CT scans use low doses of radiation to take detailed pictures of the lungs. Positron emission (PET) scans may be used to look for the spread of cancer.

The lung cancer specialists at Karmanos recommend screening for:

- Individuals between the ages of 55 and 80
- Current or former smokers with at least a 30 pack-year smoking history
 - Individuals who have smoked one pack a day for 30 years
 - Individuals who have smoked 2 packs a day for 15 years

To make an appointment or to ask questions about lung cancer screening, call 855-527-LUNG (5864).

Help to quit smoking

Call the Michigan Tobacco Quitline at 1-800-Quit-Now (1-800-784-8669) for FREE information and referral services to Michigan residents who are ready to quit smoking. Call 1-800-KARMANOS (1-800-527-6266) or www.karmanos.org/smoking-cessation for additional information on quitting and classes available to help you quit.



*This information is intended to serve as a guideline only. Screening needs vary for each individual depending on your overall cancer risk. Please consult with a health care professional to decide which screenings are right for you and to make an informed decision.

FOR MORE INFORMATION

If you would like more information about lung cancer or would like to set up an appointment with one of our specialists, please visit karmanos.org or call 1-800-527-6266.

Reliable information is also available from the following sources:

American Cancer Society
877-ACS-2345
Cancer.org

American Lung Association
1(800-LUNGUSA)
lung.org

National Cancer Institute
800-4-CANCER
Cancer.gov



CANCER INSTITUTE

Wayne State University

1-800-KARMANOS
karmanos.org

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