DID YOU KNOW?

Once you quit smoking, in...

- **20 MINS:** Your heart rate and blood pressure drop
- **12 HOURS:** The carbon monoxide level in your blood drops to normal
- **2 WEEKS TO 3 MONTHS:** Circulation improves and lung function increases
- **1 TO 9 MONTHS:** Coughing and shortness of breath decreases
- **1 YEAR:** Your heart attack risk drops dramatically
- **5 YEARS:** Risk of cancers of the mouth, throat, esophagus and bladder is cut in half
- **10 YEARS:** The risk of dying from lung cancer is about half that of a person who still smokes

OFFICE OF CANCER HEALTH EQUITY

Let us know how we can help you!

- Education sessions
- Community outreach
- Cancer navigation that is appropriate to both language and culture

Call 336-713-3665 or email CancerEquity@wakehealth.edu to learn more about the Office of Cancer Health Equity or to schedule an education session.

To learn more, go to WakeHealth.edu or call 336-713-6979.

Follow us: @wfcancerequity @wfcancerequity WF Cancer Equity

ADDITIONAL RESOURCES AVAILABLE AT:

- Centers for Disease Control and Prevention: cdc.gov/cancer/lung
- National Cancer Institute: cancer.gov
- American Cancer Society: cancer.org
- American Lung Association: lung.org

1-800-QUIT-NOW AND A FREE TEXT-TO-QUIT PROGRAM IS AVAILABLE AT SMOKEFREE.GOV.

Did you know?

- Lung cancer is the number one cancer killer of both men and women in the US. Knowing more may save your life.
- American Lung Association: lung.org
- 1-800-QUIT-NOW AND A FREE TEXT-TO-QUIT PROGRAM IS AVAILABLE AT SMOKEFREE.GOV.
What is Lung Cancer?
Lung cancer is the uncontrolled growth of abnormal cells in one or both lungs. Not only does it occur in men and women but in smokers AND non-smokers.

SYMPTOMS
Early lung cancer does not usually cause symptoms. However, as it progresses symptoms can include:
- Feeling very tired all the time
- A persistent cough
- Wheezing
- Difficulty breathing
- Weight loss with no known cause
- Chest pain
- Coughing up blood

You don’t have to smoke to get lung cancer. More than 40,000 cases of lung cancer are diagnosed each year in non-smokers.

WHAT CAN I DO?

KNOW YOUR RISK
- Smoking

TAKE STEPS TOWARDS PREVENTION
- Quit smoking immediately or never start

SCREENING
The most important thing you can do to prevent lung cancer is to quit smoking or never start (including cigarettes, cigars, and pipes).

Annual lung cancer screening using low-dose CT may reduce your risk of dying of lung cancer if you are at high risk.

Screening is Recommended If:
- You are 55 to 77 years old, and
- Current or former smoker who quit within the past 15 years, and
- Have at least a 30 pack year history (2 packs a day for 15 years = 30 pack year history)

If you are screened regularly, lung cancer may be diagnosed at an earlier stage when it is more treatable.

Learn about your risk and talk to your health care provider about screening.

TREATMENTS
- Some options include surgery, chemotherapy, radiation therapy and immunotherapy.
- General treatment options are tailored to the patient and are evolving everyday through the use of clinical research.
- To learn more about current clinical trials, visit WakeHealth.edu/BeInvolved.

To make an appointment:
888-716-WAKE  \  WakeHealth.edu