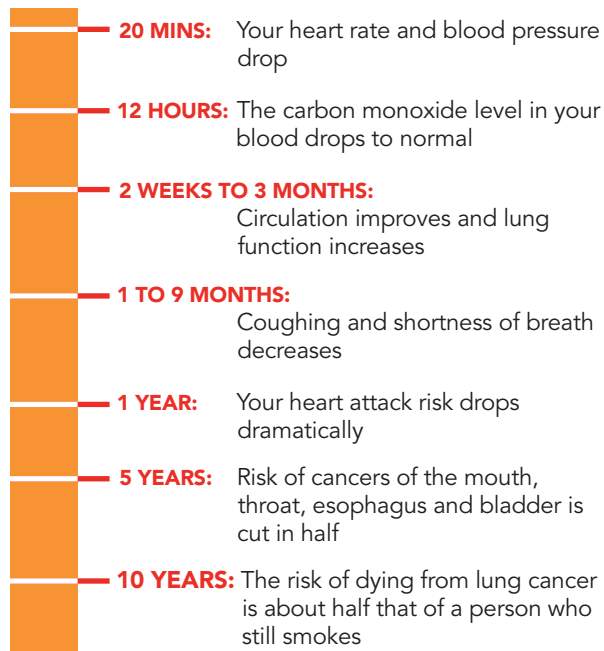


DID YOU KNOW?

Once you quit smoking, in...



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.

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



Comprehensive Cancer Center

Office of Cancer Health Equity
Medical Center Boulevard
Winston-Salem, NC 27157

These materials are provided in part by the *Jane Walker Perkinson Memorial Fund*, an endowed fund dedicated to the Office of Cancer Health Equity at Wake Forest Baptist Medical Center's Comprehensive Cancer Center.

KNOW YOUR BODY

A Quick Guide to Lung Cancer



Lung cancer is the **number one cancer killer** of both men and women in the US. Knowing more may **save your life**.



OFFICE OF CANCER HEALTH EQUITY

What is Lung Cancer?

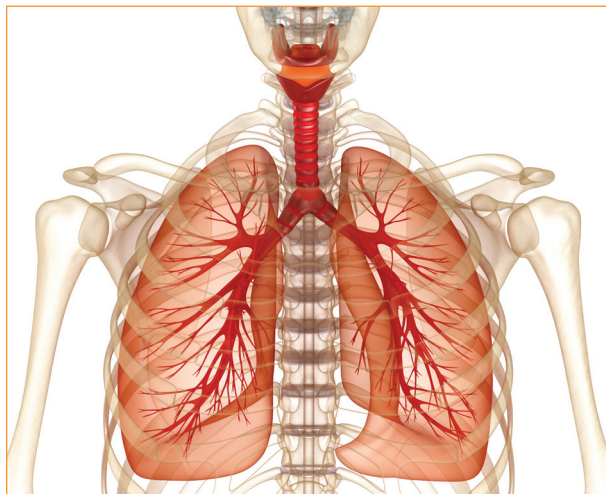
Lung cancer is the uncontrolled growth of abnormal cells in one or both lungs. Not only does it occur in men and women but in smokers AND non-smokers.

SYMPTOMS

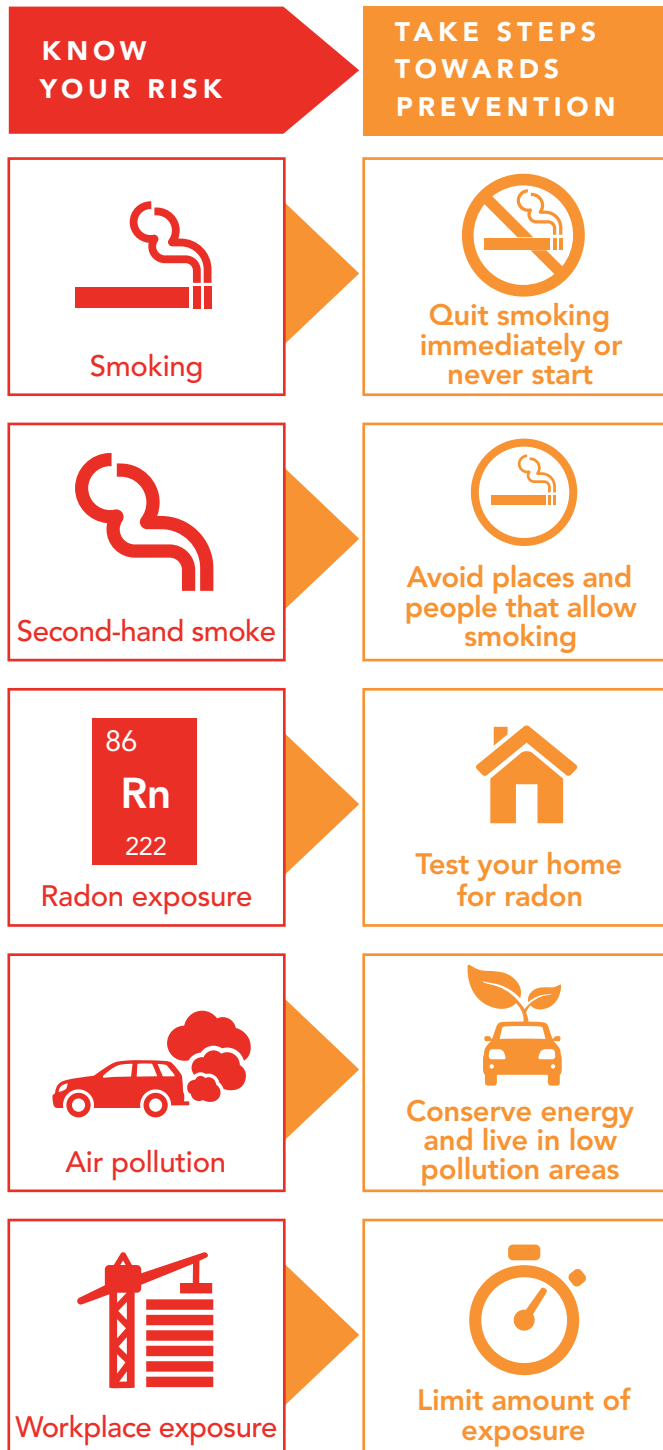
Early lung cancer does not usually cause symptoms. However, as it progresses symptoms can include:

- ▶ 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?



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