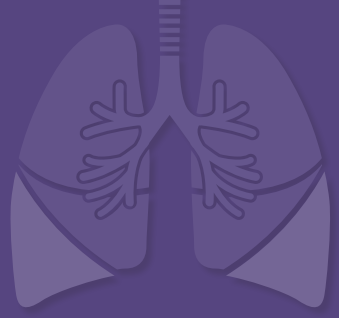


# Lung Cancer



## Risk factors

- Smoking tobacco
- Exposure to secondhand smoke
- Family or personal history of lung cancer
- Exposure to toxic materials or air pollution
- Radiation therapy to the breast or chest
- Lung diseases such as pulmonary fibrosis

## Warning signs

- A persistent cough that gets worse over time
- Constant chest, arm or shoulder pain
- A cough that produces blood
- Shortness of breath, wheezing or hoarseness
- Repeated episodes of pneumonia or bronchitis
- Swelling of the neck and face
- Loss of appetite or weight
- Weakness or fatigue
- Clubbing of fingers

Talk to your doctor if you have one or more of the **symptoms** or fall into any of the **risk** categories.



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# 3 ways to lower lung cancer risk



## Eliminate tobacco use

Smoking is estimated to directly cause **85%** of all lung cancers.



## Avoid secondhand smoke

Exposure to secondhand smoke also puts you at increased risk.



## Use protective equipment when exposed to dangerous substances and pollutants

Exposure to radon, asbestos, radiation, arsenic and pollution increases your risk of lung cancer.

## Get screened

If you are a current or former smoker, you may be eligible for a lung cancer screening.

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