

LUNG CANCER PREVENTION QUIZ

How much do you know about the prevention of lung cancer? Take our true or false quiz to learn more about the steps you can take for cancer prevention.

QUESTIONS:	TRUE	FALSE
1. Having a healthy diet and exercise can lower your risk of developing lung cancer.		
2. You should exercise most days of the week.		
3. You do not need to have cancer screenings if you live a healthy lifestyle.		
4. You must be examined by a health care professional or physician if you want to detect the early warning signs of cancer.		
5. Eating a low-fat, high-fiber diet, including fruit and vegetables and whole grains can reduce your lung cancer risk.		
6. Developing lung cancer depends on both genetic and non-genetic factors.		
7. Checking your home for radon is one way to prevent lung cancer.		

ANSWERS:

- TRUE:** A healthy diet AND maintaining a healthy body weight can aid in cancer prevention strategies.
- TRUE:** Studies have shown that regular exercise reduces the risk of developing lung cancer and other cancers. Start out slow in the beginning if you do not exercise regularly. Exercising most days of the week is better than no days at all.
- FALSE:** Cancer can develop in people with healthy lifestyles. The best way to detect cancer in its earliest stages is to participate in regular screening tests if eligible. Discuss with your primary health provider to see if lung cancer screening is appropriate for you.
- FALSE:** Who knows your body better than you?! It is up to you to be aware of any bodily changes and discuss them with your doctor as soon as possible. Your health is ultimately your responsibility.
- TRUE:** Research studies suggest that a diet consisting of low-fat, high-fiber foods with whole grains, fruits and vegetables may help reduce the risk of developing certain lung cancers. Eating a healthy balanced diet is important.
- TRUE:** Our research study shows that lung cancer is associated with environmental factors and behaviors (non-genetic) and both genetic factors (family genes).
- TRUE:** Radon is associated with lung cancer. It is an odorless gas where the only way you know you are at risk is by checking your home for it. For more information, please visit www.epa.gov/radon.