



For more information

American Cancer Society (www.cancer.org)
1-800-ACS-2345

American Lung Association (www.lungusa.org)
1-800-LUNG-USA

National Cancer Institute (www.cancer.gov)
1-800-4-CANCER

Centers for Disease Control
and Prevention (CDC)
([www.cdc.gov/cancer/lung/basic_info/
screening.htm](http://www.cdc.gov/cancer/lung/basic_info/screening.htm))
1-800-232-4636

*Blue Cross and Blue Shield of Alabama
cares about your health and wellness.*

*This is an informational series designed to provide
specific ideas for a healthy and safe lifestyle.*

AlabamaBlue.com/myBlueWellness



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Lung Cancer: Get the Facts

*Lung cancer is the leading
cancer killer in the country,
claiming over 155,000 lives.
According to the American
Cancer Society, lung
cancer will be diagnosed
in over 222,000 Americans
this year.*



myBlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

Risk Factors

By far, smoking is the greatest risk factor. It is thought to be responsible for eight out of ten lung cancer cases.

Other factors include:

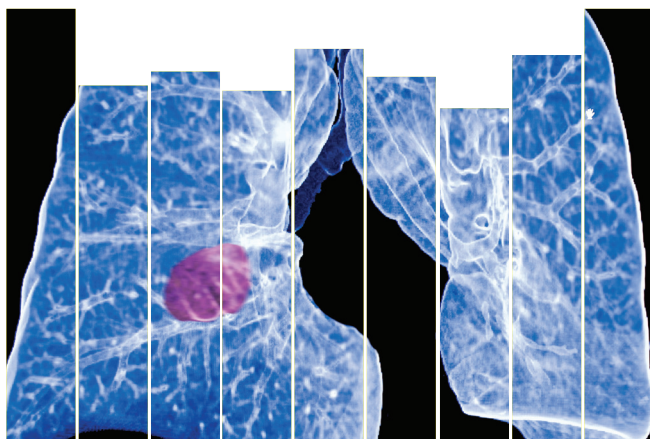
- Exposure to occupational or environmental hazards, such as radon and asbestos
- Exposure to radiation
- Air pollution
- Family history of lung cancer
- Secondhand cigarette smoke is a huge risk factor for non-smokers, especially children

Prevention

Since early detection seems to have little effect on survival, prevention is critical. The best way to prevent lung cancer is not to smoke and avoid people who do. If you smoke, quit now.

Treatment

Depending on the size and stage of the tumor, surgery may be used to remove the tumor, a portion of the lung or the entire lung. After surgery, doctors may use chemotherapy and/or radiation therapy. If lung cancer is found, prompt treatment could extend your life and relieve symptoms.



Screening

The only recommended screening test for lung cancer is low dose computed tomography (low dose CT scan). In this test, an X-ray machine scans the body and uses radiation to take detailed pictures of the lungs. The US Preventive Services Task Force recommends yearly screenings for adults who:

- Have a history of smoking
- Smoke now, or have quit within the past 15 years
- Are between 55 and 80 years old

Warning Signs and Symptoms

The following problems are often caused by other conditions, but could signal a problem:

- a cough that does not go away
- chest pain, often made worse by deep breathing
- hoarseness
- weight loss and loss of appetite
- bloody or rust-colored sputum (spit or phlegm)
- shortness of breath
- recurring infections such as bronchitis and pneumonia
- onset of wheezing