

#### What is Lung Cancer Awareness Month?

During the month of November, organizations across the country raise awareness about lung cancer. Lung cancer accounts for about 27 percent of all cancer deaths and is by far the leading cause of cancer death and second most diagnosed among both men and women. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined. About 90 percent of lung cancers are linked to cigarette smoking.

#### What are the risk factors for lung cancer?

Research has found several risk factors that may increase your chances of getting lung cancer:

- Smoking and secondhand smoke
- Radon
- Other substances such as asbestos, arsenic, and diesel exhaust
- Family history
- Radiation therapy to the chest
- Diet

#### Types of lung cancer

There are three main types of lung cancer. Knowing which type you have is important because it affects your treatment options and your prognosis.

1. **Non-small-cell lung cancer:** This is the most common type of lung cancer, accounting for about 85 percent of lung cancers.
2. **Small-cell lung cancer:** Also called oat cell cancer, accounting for about 10 to 15 percent of lung cancers. This type of lung cancer tends to spread quickly.
3. **Lung carcinoid tumor:** Fewer than 5 percent of lung cancers are this type. Most of these tumors grow slowly and rarely spread.

#### Apps for your smartphone

- [Cancer.Net Mobile](#)
- [Medscape App](#)
- [MyQuit Coach – Dare to Quit Smoking](#)
- [QuitMedKit](#)

#### Tips from our docs

This month, our healthy tip is brought to you by **Mark Epstein, MD**, NMHC's Chief Medical Officer.

Different people have different symptoms for lung cancer. Some people have symptoms related to the lungs. Some people whose lung cancer has spread to other parts of the body have symptoms specific to that part of the body. Most people with lung cancer don't have symptoms until the cancer is advanced.

Lung cancer symptoms may include:

- Coughing that gets worse or doesn't go away
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Feeling very tired all the time
- Weight loss with no known cause

Other changes that can sometimes occur with lung cancer may include repeated bouts of pneumonia and swollen or enlarged lymph glands inside the chest in the area between the lungs. These symptoms can happen with other illnesses, too. If you have some of these symptoms, talk to your doctor.

#### Additional resources

- [American Cancer Society](#)
- [Centers for Disease Control and Prevention](#)
- [Lung Cancer Alliance](#)



**Staying Healthy, November 2016**  
**November Observance: Lung Cancer Awareness Month**