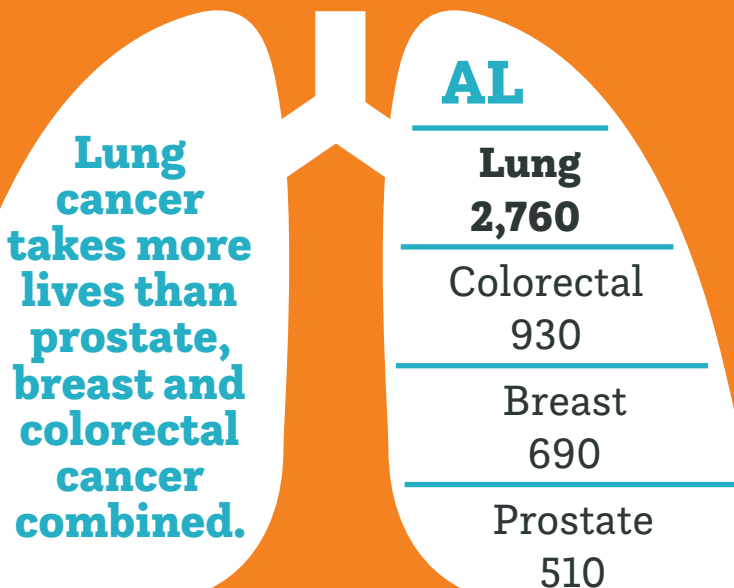


LUNG CANCER... KNOW THE FACTS!

Estimated Alabama Cancer Deaths 2019



Did you know?

- Lung cancer is the first most common cancer and leading cause of death in both men and women in Alabama.
- Lung cancer accounts for more than 25% of all cancer deaths in Alabama.
- Cigarette smoking is the number one cause of lung cancer in both men and women, and attribute to 80 to 90 percent of all lung cancer deaths.
- Most lung cancers, when found, have spread widely and are at an advanced stage.

Common symptoms include:

- A cough that doesn't go away or gets worse
- Coughing up blood
- Shortness of breath
- Exhaustion or weakness
- Back or chest pain
- Wheezing
- Hoarseness
- Losing weight without trying

What can you do?

The 2 leading causes of lung cancer are tobacco use and radon exposure. You can help lower your risk of lung cancer in the following ways:

- **Don't smoke.** Cigarette smoking causes about 90% of lung cancer deaths in the United States. The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke.
- **Avoid secondhand smoke.** Smoke from other people's cigarettes, cigars, or pipes is called secondhand smoke. Make your home and car smoke-free.
- **Get your home tested for radon.** The U.S. Environmental Protection Agency recommends that all homes be tested for radon.
- **Be careful at work.** Health and safety guidelines in the workplace can help workers avoid carcinogens—things that can cause cancer.

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Talk to your doctor about lung cancer screening!
Visit alabamapublichealth.gov/cancer for more information and other available resources.