



# November is Lung Cancer Awareness Month

November 2004



ROCKY MOUNTAIN CANCER CENTERS

## Special Edition: Lung Cancer Awareness

### WHAT YOU SHOULD KNOW ABOUT LUNG CANCER\*

-**Lung cancer** is the leading cause of cancer related deaths in both men and women in the United States. According to the American Lung Association, approximately 160,000 people will die of lung cancer this year and there will be approximately 173,770 new cases of the disease.

-Cancers that begin in the lung are classified into two major types – non-small cell lung cancer and small cell lung cancer – depending on how the cells look under a microscope. Each type of lung cancer grows and spreads in different ways and each type is treated differently.

**Non-small cell lung cancer** is the most common form of lung cancer and accounts for nearly 80 percent of all lung cancers. It generally grows and spreads more slowly than small cell lung cancer.

**Small cell lung cancer** is less common and accounts for nearly 20 percent of all lung cancers. It typically grows more quickly than non-small cell lung cancer and is more likely to spread to other organs of the body.

### Risk Factors

- Cigarette smoke. (Active smoking accounts for 90 percent of all lung cancer cases.)
- Cigar and pipe smoke.
- Secondhand smoke exposure.
- Radon exposure.
- Asbestos exposure.
- Pollution.
- Other lung diseases, such as tuberculosis.

### Signs & Symptoms

- A persistent cough that gets worse over time.
- Constant chest pain.
- Coughing up blood.
- Shortness of breath, wheezing or hoarseness.
- Repeated illness with pneumonia or bronchitis.
- Swelling of the neck and facial region.
- Possible loss of appetite or weight loss.
- Fatigue.

**\*If you have one or more of the above symptoms, please talk to your primary care health care provider.**

\* The above information was referenced from the American Lung Association, National Cancer Institute, National Institute of Health and the Colorado Quitline.

Visit us online at [www.cancercolorado.com](http://www.cancercolorado.com)

## Prevention Tips

- The best way to prevent lung cancer is to quit, or to never start, smoking.
- According to the Colorado Quitline, a toll-free telephone counseling service that connects people who want to stop smoking with trained counselors to guide and support them, after 10 years of not smoking, a former smoker's risk of dying from lung cancer is about half that of a current smoker.

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is to quit smoking or  
never start.*

## The Latest in Research

Scientists and physicians are continually working to determine new and improved therapies for the treatments of lung cancer. Currently, Rocky Mountain Cancer Centers has about 11 clinical research trials going on for the treatment of lung cancer.

For more information about the RMCC clinical research program please call Joni Newman at (303) 388-4876.

## Special Events: Mark your calendars!!!

- **Thursday, November 18th** is the Great American Smokeout: A great day to quit smoking. Go to [www.cancer.org](http://www.cancer.org) for more information.
- **Saturday, January 29th**: Meeting the Challenges of Lung Cancer. Straight talk about dealing with lung cancer with RMCC's Drs. Dennis Carter and Robert Jotte at SkyRidge Medical Center. Pre-registration required. For more information visit the calendar pages of [www.cancercolorado.com](http://www.cancercolorado.com) or call Susan Ash-lee at (303) 925-0700.



## Additional Resources

Additional resources about lung cancer and quitting smoking.

- American Cancer Society: [www.cancer.org](http://www.cancer.org)
- American Lung Association: [www.lungusa.org](http://www.lungusa.org)
- National Cancer Institute: [www.nci.nih.gov](http://www.nci.nih.gov)
- Colorado Quitline: [www.co.quitnet.org](http://www.co.quitnet.org)
- Colorado Group to Alleviate Smoking Pollution: [www.gaspforair.org](http://www.gaspforair.org)
- Rocky Mountain Center for Health Promotion and Education: [www.rmc.org](http://www.rmc.org)
- Surgeon's General's Tobacco Cessation Guidelines: [www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

**Rocky Mountain Cancer Centers is Colorado's largest and most comprehensive provider of cancer care with 20 locations and 54 physicians throughout the state. RMCC physicians are actively involved in leading research with access to more than 70 nationwide clinical trials encompassing all types of cancer. From the Rocky Mountain region's largest bone marrow transplant program to the latest in radiation technology, RMCC provides the most advanced care for all type of cancers and hematological diseases.**

Aurora      Boulder      Colorado Springs      Denver      Lakewood  
Littleton      Lone Tree      Longmont      Parker      Pueblo      Rose      Thornton      Vail