

# Spotlighting Lung Cancer



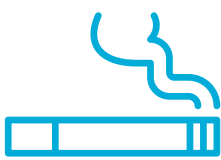
MORE AMERICANS ARE DIAGNOSED WITH LUNG CANCER THAN ANY OTHER TYPE BESIDES BREAST CANCER. LEARN MORE ABOUT THE RISKS AND SYMPTOMS OF LUNG CANCER – AND HOW YOU CAN PREVENT IT.

## Watch for These Symptoms

- Chest pain
- Chronic or worsening cough
- Coughing up blood
- Extreme fatigue
- Hoarseness
- Poor appetite
- Shortness of breath
- Unexplained weight loss
- Wheezing

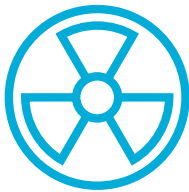


## What Raises Your Risk?



### Smoking

**Smoking causes up to 80% of lung cancer deaths.** Chemicals in tobacco smoke can damage your body’s genes, leading to mutations that cause lung cancer. Your risk goes up depending on how long and how many packs a day you’ve smoked.



### Exposure at Home and Work

**Radon is the second leading cause of lung cancer.** Radon is a colorless, odorless gas found in rocks, soil and water. It’s often found in your home. Lung cancer is also caused by exposure to arsenic, asbestos, diesel fumes and other harmful substances.

### Prevention Tips

**Quit smoking.**  
It isn’t easy, but your doctor can recommend resources that can help.



**Avoid secondhand smoke.**  
Inhaling smoke from other people exposes you to the same dangerous chemicals as smoking.



### Prevention Tips

**Test your home.**  
A radon test can alert you to the presence of this dangerous gas.



**Stay safe at work.**  
If you work around arsenic or asbestos, wear safety equipment and follow best practices to avoid exposure.



Learn about how Rocky Mountain Cancer Centers treats lung cancer by visiting [RockyMountainCancerCenters.com/Lung-Cancer](https://RockyMountainCancerCenters.com/Lung-Cancer).



team you