

November Is Lung Cancer Awareness Month

Lung Cancer Awareness Month is an annual observance held throughout the month of November. It is intended to raise awareness of lung cancer and its cause, prevention, diagnosis, treatment, survivorship and cure. “More people in the United States die from lung cancer than any other type of cancer” (Centers for Disease Control and Prevention [CDC], 2017). In 2014, over 215,000 men and women were diagnosed with lung cancer (CDC, 2017). November is also an opportunity to support those affected by lung cancer. Lung Cancer Awareness Month begins on November 1 and ends on November 30.

Radio Ad

November is National Lung Cancer Awareness Month. Lung cancer is Wyoming’s leading cause of cancer-related death. Smoking is the leading cause of lung cancer with 85% of lung cancers being attributed to smoking. Early detection with CT screening has been found to lower the risk of death in certain high-risk persons based on their age, general health, and smoking history. Talk to your doctor about your risk for lung cancer. To learn more about resources to quit smoking, call 1.800.QUIT.NOW.

Facebook Social Media

Tobacco use remains the single largest preventable cause of illness and death in the U.S. Get the facts as we kick off #LungCancer Awareness Month: <http://bit.ly/2hmOIbw>


November is #LungCancer Awareness Month. Did you know that there are steps you can take to reduce your risk of lung cancer? To reduce your risk, don’t smoke or quit smoking, avoid secondhand smoke and get your home tested for radon: <http://bit.ly/2xU52og>

Each year, 150,000+ Americans die from #LungCancer. That's almost 411 deaths every day. But you can reduce your risk. Find out more: <http://1.usa.gov/1Y7b4d7>

Smoking causes #LungCancer. Cigarettes are dangerous because they contain nicotine, an addictive chemical. Find out if you are addicted to nicotine by taking this quick quiz and find resources to help you overcome your addiction: <http://1.usa.gov/22Nlorl>

CDC says smoking even a few cigarettes a day can lead to serious health problems. Quitting smoking completely improves your health dramatically. More here: <http://bit.ly/2aexfx4>

Radon is a cancer-causing, radioactive gas. You can't see, smell, or taste radon, but it may be a problem in your home. Exposure to radon is the leading cause of lung cancer in the U.S. after smoking and is the leading cause of #LungCancer in non-smokers. Get your home tested: health.wyo.gov/radon





LUNG CANCER

is the leading cause of cancer death in Wyoming.

Approximately 85% of lung cancers can be attributed to smoking.

If you or someone you know wants help to quit smoking or using tobacco, contact the Wyoming Quit Tobacco Program at 1.800.QUIT.NOW or visit quitwyo.org.

To learn more about cancer resources in your area, contact the Wyoming Cancer Program at 1.800.264.1296 or visit health.wyo.gov/cancer.



What you should know about radon

Radon is an odorless, colorless, naturally occurring gas that can cause lung cancer with long-term exposure. The highest levels of radon are found in the lowest level of a house. If your house has a radon level over 4.0 pCi/L, fix it!



TEST YOUR HOME

The Wyoming Cancer Program offers short-term home radon test kits for purchase. Each test is \$7 for one or \$12 for two kits. The radon test kits cover roughly 2,000 square feet and should be placed in the lowest, regularly used level of your home. To order a kit, contact the Wyoming Radon Program at 307.777.6015.



FIX HIGH RADON LEVELS

Testing your house for radon is the easiest and fastest way to see if you have high radon levels. If you have a high level of radon, a radon mitigation system has to be installed in your house in order to reduce your exposure to radon. A certified professional can install the system, or you can do it yourself. Fixing high radon levels can save lives!

Infographics

