

# Lung Cancer

## Fact Sheet

### What is lung cancer?

Lung cancer is cancer that forms in the tissues of the lungs. It is the second most common cancer and the leading cause of cancer death in both men and women. Some people do not have any symptoms at all. If symptoms are present, they may include:

- ◆ coughing that does not go away
- ◆ problems getting your breath
- ◆ weight loss
- ◆ coughing up blood
- ◆ chest pain
- ◆ fever

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

- ◆ Smoking
- ◆ Secondhand smoke
- ◆ Family history of lung cancer
- ◆ Breathing in certain chemicals (asbestos or radioactive gases)
- ◆ Age

### How can I lower my risk for lung cancer?

- ◆ Stop smoking
- ◆ Avoid secondhand smoke



- ◆ Make your home or workplace safer by testing for radioactive gases and asbestos
- ◆ Eat lots of fruits and vegetables

\*Don't wait for symptoms. Talk to your healthcare provider about your family health history. Find out what you can do to reduce your risk of disease or detect it early.\*

### For more information about lung cancer:

- ◆ The National Cancer Institute  
[www.cancer.gov/cancertopics/types/lung](http://www.cancer.gov/cancertopics/types/lung)
- ◆ Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/lung/basic\\_info/risk\\_factors.htm](http://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm)

### For more information about quitting smoking:

- ◆ [Smokefree.gov](http://Smokefree.gov)
- ◆ 1-800-Quit-Now  
<http://1800quitnow.cancer.gov/>