



HEALTH AWARENESS

Lung Cancer: What Everyone Should Know

(NAPSA)—One of the greatest obstacles to overcoming cancer is fear. Many people are afraid to learn about their risk for the disease, or don't get a definite diagnosis, ultimately depriving themselves of support and treatment that could save their lives.

Lung cancer is the number one cancer killer in America, claiming more lives than breast, prostate and colorectal cancers combined. More importantly, advances in detection methods and treatment regimens are being researched, providing more hope than ever for people with the disease or those at risk.

Although most lung cancer cases are smoking-related (90 percent), 10 percent of patients have never smoked. Unfortunately, due to the connection between smoking and lung cancer, many patients report feeling blamed. In fact, according to a recent survey by Cancer Care, Inc., a patient advocacy group, lung cancer patients feel that they are treated differently than people with other types of cancers. Even a higher number of the medical professionals surveyed (77 percent of professionals vs. 44 percent of patients) believe people with lung cancer are often stigmatized.

To help decrease this culture of blame, *It's Time To Focus On Lung Cancer*, a national public awareness campaign, is encouraging people to learn their lung cancer risks and seek an early diagnosis. Patients, family members, and caregivers can find up-to-date lung cancer information at www.lungcancer.org



New treatments and support organizations can help make the fight against lung cancer easier.

lungcancer.org and receive support through:

- “Ask the Experts” to have their questions answered by registered nurses, oncologists, dietitians, and cancer social workers; or
- Lung Cancer Toll-Free Information Line at 1-877-646-LUNG (1-877-646-5864) to have their questions answered by cancer social workers.

Lung cancer risk factors include exposure to asbestos, air pollution, environmental tobacco smoke, some organic chemicals, radon and tuberculosis. To lower your risk of developing lung cancer:

- Incorporate more fruits and vegetables into your diet;
- If you smoke, quit (the risk of developing the disease drops after quitting);
- Avoid secondhand smoke; and
- Avoid exposure to chemicals like asbestos that can cause lung cancer.

It's Time To Focus On Lung Cancer is sponsored by Cancer Care, Inc., Oncology Nursing Society, and The CHEST Foundation.