



Employee Wellness Counts!

Newsletter: November 2021



November Health Awareness: Lung Cancer

LUNG CANCER

is the biggest cancer killer in both men and women.

Every year, about **200,000** people are diagnosed and **150,000** people die.



Cigarette smoking is the **#1 cause of lung cancer**. It is linked to **80% to 90%** of all lung cancers.

Quitting smoking at any age can lower the risk of lung cancer.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

What is Lung Cancer?

Lung cancer is a form of cancer that forms in tissues of the lung. The two main types are small cell and non-small cell lung cancer. It is the leading cause of cancer death and the second most diagnosed cancer in the United States. **Cigarette smoking** is the number one cause of lung cancer. It can also be caused by using other types of tobacco, breathing secondhand smoke, being exposed to substances such as asbestos or radon, and having a family history of lung cancer.

Symptoms of Lung Cancer

- ◆ Coughing that gets worse or doesn't go away
- ◆ Chest pain
- ◆ Shortness of breath
- ◆ Wheezing
- ◆ Coughing up blood
- ◆ Feeling very tired all the time
- ◆ Weight loss with no known cause
- ◆ Repeated episodes of pneumonia
- ◆ Swollen lymph nodes inside the chest in the area between the lungs

These symptoms can happen with other illnesses, too. If you *have some of these symptoms*, talk to your primary healthcare provider.

Catching cancer early may increase your chance of successful treatment. If you are at high risk for developing lung cancer, discuss with your health care provider about annual screenings that may detect signs of cancer early.

Right click and open the hyperlink to watch on the following video to learn about 3 steps that can lead to quitting smoking for good.

[Quit Tobacco | How To Quit Smoking or Smokeless Tobacco \(cancer.org\)](#)

Prevention: According to the American Cancer Society™, not all lung cancers can be prevented but there are things you can do that may lower your risk of developing lung cancer.

- ◆ Number one is to not use tobacco products and avoid second hand smoke. If you already smoke, stopping may give your damaged lung tissue time to gradually repair itself and may lower your risk of developing lung cancer. Avoid e-cigarettes as well.
- ◆ Avoid long term exposure to radon,. Natural uranium in rock, soil, and water breaks down to make radon gas. You can't smell, touch, or see it but it is the number 2 cause of lung cancer. It gets through cracks and holes in floors and walls. A simple test kit can tell if you have high levels in your home.
- ◆ Avoid exposure to other cancer causing agents such as asbestos, a group of minerals that occur naturally as bundles of fibers.
- ◆ Focus on a healthy diet and exercise.

For more information, visit the American Cancer Society™ website at cancer.org.

Charlene Anderson, RN
Employee Wellness Nurse
Wayne UNC Healthcare
218 E. Walnut Street
Goldsboro, NC 27530
919-731-1363

Charlene.anderson@waynegov.com