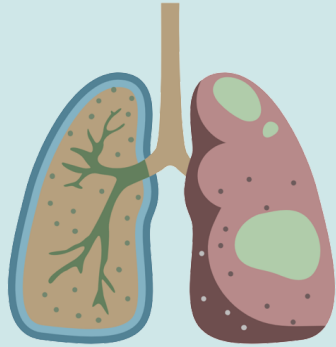


Essential Lung Cancer Information

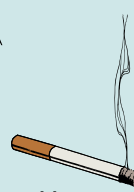


Causes

<h3>Genetics</h3> <p>Certain genes might increase likelihood of cancer</p>	<h3>Radiation</h3> <p>UV light from the sun, radiation therapy, etc</p>
<h3>Smoke</h3> <p>Inhaling industrial smoke or smoke from any smoked drug</p>	<h3>Toxic Chemicals</h3> <p>Found in pesticides, drugs, crops, processed food, etc</p>

The primary cause of lung cancer is smoking

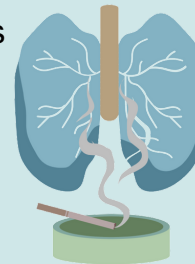
Smoking



- "Smoking" includes:
 - Tobacco/nicotine cigarettes
 - Marijuana cigarettes
 - Electronic cigarettes
 - Any drugs whose smoke is inhaled
- The risk of being diagnosed with lung cancer increases with the number of cigarettes smoked daily
- The CDC recommends 8 to 11 attempts to quit smoking. This means it is normal for quitting to be difficult.
- Smoking can also cause hypertension, other lung diseases, heart attacks, other cancers, coronary heart disease, and more.

Smoking in Latinx/os

- 1 in 4 Latinx/o teenagers in Santa Clara County smoke, with electronic cigarettes being the most common.
- U.S.-born Latinx/o teenagers are more likely to smoke than Latinx/o teenagers born in other countries.



Prevention

The #1 way to prevent lung cancer is to not smoke, quit smoking, and avoid being exposed to secondhand smoke or industrial smoke.



The American Cancer Society recommends getting an LDCT (lung CT scan) if you are 55-75 years, have a 30-year pack-year smoking history (calculated by # of packets per day x years smoked), currently smoke, **or** stopped smoking in the last 15 years

- Stop smoking or don't smoke
- Prevent your exposure to secondhand smoke
- Eat healthy and limit alcohol
- Eat fruits and vegetables
- Exercise
- Reduce stress



Talk to your doctor if you have any concerns about your health or are experiencing any symptoms.

For more information:

Visit our website:
www.latinascontracancer.org/health-education

