



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Lawley



LUNG CANCER

More people die from lung cancer than from any other type of cancer. While many people think that smokers are the only ones at risk, lung cancer affects smokers and nonsmokers alike. Exposure to asbestos and radiation, as well as smoking tobacco products or exposure to second-hand smoke, contribute to the disease.

Causes and Risk Factors

Smoking is the leading risk factor for developing lung cancer, and is accountable for almost 90% of all lung cancer cases. A smoker's risk for getting lung cancer is 15 to 30 times greater than the risk of a nonsmoker. In addition to smoking, lung cancer can be caused by several factors, including exposure to:

- Radon
- Radiation
- Pollution
- Lung disease
- Asbestos
- Secondhand smoke

Signs and Symptoms

Catching lung cancer early gives you the best chance of survival, and recognizing the symptoms is the first step. The most common symptom is a persistent cough that worsens over time. Other common symptoms associated with lung cancer include:

- Constant chest pain
- Blood-tinged spit
- Coughing up blood
- Shortness of breath, wheezing or hoarseness

- Repeat occurrences of infections such as pneumonia or bronchitis
- Fever for no apparent reason
- Swelling of the neck and face
- Loss of weight due to a decrease in appetite
- Fatigue

Prevention

Researchers continue to study the causes of lung cancer and ways to prevent it. Smoking tobacco products remains the number-one cause of lung cancer, while not smoking remains the number-one preventative measure. Quitting smoking at any age can lower your chances of getting lung cancer.

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