



Lung Cancer

Protect yourself: know the facts

What is lung cancer?

Lung cancer begins when cells that are not normal grow inside the lungs.

Kentucky's rates of lung cancer cases and lung cancer deaths are high compared to other states.



What are the symptoms?

Early lung cancer may not cause any symptoms.

Signs may include:



A cough that keeps coming back



Feeling weak and tired



Loss of appetite



Trouble with breathing



Lung infections that keep coming back



Chest pain



Coughing up blood



Hoarse voice

SCREENING SAVES LIVES



Screening tests help doctors find cancers early when they are easiest to treat. A test used to find lung cancer is called a low-dose CT scan. It takes a picture that helps your doctor see tumors or growths in your lungs.

Who should be screened?

This test may be right for you if:

- You are 50-80 years old;
- Have a 20-pack year smoking history;
- Currently smoke or quit within the past 15 years

Ask your doctor if annual lung cancer screening is right for you.

Tips to lower your cancer risk:



Don't smoke, vape, or use electronic cigarettes



Avoid contact with toxic materials



Test your home for radon



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What if I can't afford the tests?

- Most cancer screenings are covered by insurance, Medicare, and Medicaid.
- You should check with your insurance company to ask about screening requirements, and to find out if you are eligible. Those who meet the at-risk requirements may be eligible for annual low-dose CT lung cancer screenings.

Ready to quit using tobacco products?

You can download these Apps from the App Store



Quit Guide App



quitSTART App



Plan to Be Tobacco Free

859-323-9949



Quit Now Kentucky

1-800-784-8669

www.QuitNowKentucky.org

American Lung Association

www.QuitterInYou.org

Truth Initiative

www.becomeanex.org

National Cancer Institute

www.smokefree.gov

For additional information:



Visit www.kycancerprogram.org and click on the Pathfinder link to find cancer support services and programs near you or to connect with your local Regional Cancer Control Specialist.

National Cancer Institute

1-800-4-CANCER, www.cancer.gov

American Cancer Society

1-800-ACS-2345, www.cancer.org

Centers for Disease Control and Prevention

www.cdc.gov

www.kycancerprogram.org

The Kentucky Cancer Program is jointly administered by the University of Kentucky Markey Cancer Center and the University of Louisville Brown Cancer Center.

