

NOVEMBER BUG-OF-THE-MONTH



Lung Cancer-

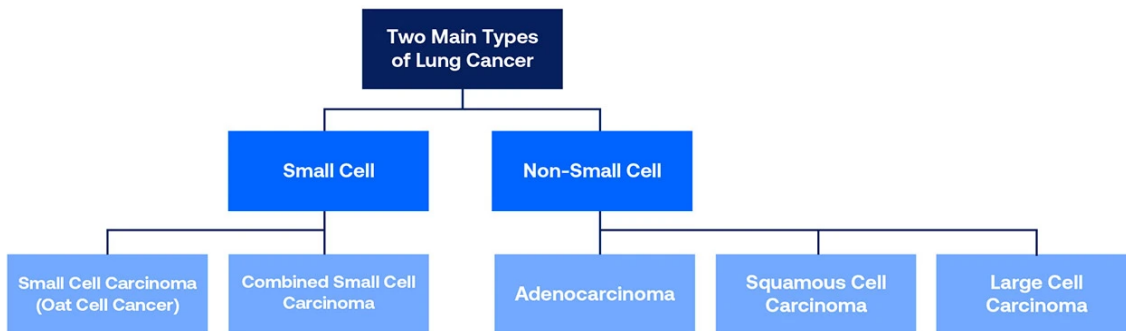
Lung cancer is the **leading cause of cancer deaths in America.**

- If lung cancer is caught before it spreads, the likelihood of surviving 5 years or more improves to 63 percent.
- **Smoking poses the greatest risk**, but there are others such as exposure to radon and air pollution.



Warning Signs of Lung Disease:

- **Chronic cough:** A cough that you have had for eight weeks or longer is considered chronic.
- **Shortness of breath:** Labored or difficult breathing—the feeling that it is hard to breathe in or out—is also a warning sign.
- **Chronic mucus production:** Mucus, is produced by the airways as a defense against infections or irritants. If your mucus production has lasted a month or longer, this could indicate lung disease.
- **Wheezing:** Noisy breathing or wheezing is a sign that something unusual is blocking your lungs' airways or making them too narrow.
- **Coughing up blood:** If you are coughing up blood, it may be coming from your lungs or upper respiratory tract.
- **Chronic chest pain:** Unexplained chest pain that lasts for a month or more—especially if it gets worse when you breathe in or cough.



NEW ADVANCES!

- A **low-dose CT scan** is a special kind CT-SCAN, NOW OFFERED. A study on early detection of lung cancer found that the low-dose cancer screening test can reduce mortality for those at high risk. If you're a current or former smoker over the age of 50, you could meet the high-risk eligibility criteria.

Health Habits and Links!

1. [Screening Resources](#)
2. [American Lung Association: How to Quit Smoking](#)
3. [Lung Disease Look-Up](#)

