

## WHAT IS LUNG CANCER?

Lung cancer is a disease in which cancerous cells form in the tissues of the lung.

Lung cancers are usually grouped into two main types called small cell and non-small cell. These types of lung cancer grow differently and are treated differently. Non-small cell lung cancer is more common than small cell lung cancer. Small-cell lung cancer is fast growing and more aggressive.

### Facts and Figures

In Missouri, lung cancer is the most common type of non-skin cancer among both men and women. It is the leading cause of cancer death, so catching it early is especially important.

*20% of female and 10% of male lung cancer patients have never smoked*

### Screening Test

The only recommended screening test for high-risk lung cancer is low-dose computed tomography, also called a low-dose CT scan or LDCT. In this test, an x-ray machine scans the body and uses low doses of radiation to make detailed pictures of the lungs.



Missouri Comprehensive Cancer  
Control Program  
[Health.Mo.Gov/cancer](http://Health.Mo.Gov/cancer)

## ADDITIONAL RESOURCES

### Lung Cancer

[CDC.gov/cancer/lung](http://CDC.gov/cancer/lung)

### Lung Cancer Prevention

[Cancer.gov/types/lung/patient/lung-prevention-pdq](http://Cancer.gov/types/lung/patient/lung-prevention-pdq)

### Lung Cancer Screening

[Cancer.gov/types/lung/patient/lung-screening-pdq](http://Cancer.gov/types/lung/patient/lung-screening-pdq)

### Lung Cancer Screening

[USPreventiveServicesTaskForce.org/uspstf/recommendation/lung-cancer-screening](http://USPreventiveServicesTaskForce.org/uspstf/recommendation/lung-cancer-screening)

### Missouri Information for Community Assessment

[HealthApps.DHSS.Mo.Gov/MoPhims/MICAHome](http://HealthApps.DHSS.Mo.Gov/MoPhims/MICAHome)

### Missouri Tobacco Quitline

[Health.Mo.Gov/living/wellness/tobacco/smokingandtobacco](http://Health.Mo.Gov/living/wellness/tobacco/smokingandtobacco)

### Radon

[Health.Mo.Gov/living/environment/radon](http://Health.Mo.Gov/living/environment/radon)

### What Can I Do to Reduce My Risk of Lung Cancer?

[https://www.cdc.gov/cancer/lung/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/lung/basic_info/prevention.htm)

### What is Lung Cancer?

[CDC.gov/cancer/lung/basic\\_info/what-is-lung-cancer.htm](http://CDC.gov/cancer/lung/basic_info/what-is-lung-cancer.htm)

### Missouri Comprehensive Cancer Control Program

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MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

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# LUNG CANCER

HERE'S WHAT YOU  
NEED TO KNOW



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

## LUNG CANCER PREVENTION

Avoid risk factors that are known to increase the chance of developing lung cancer. Some risk factors cannot be controlled, such as age, gender, race or family history. However, there are actions that can be taken to reduce lung cancer risk.

### Avoid Tobacco

- The best way to prevent lung cancer is to not smoke. Cigarette, cigar, and pipe smoking all increase the risk of lung cancer.
- Tobacco smoking causes about nine out of 10 cases of lung cancer in men and about eight out of 10 cases of lung cancer in women.
- Studies have shown that smoking low tar or nicotine cigarettes does not lower the risk of lung cancer.
- The risk of lung cancer increases with the number of cigarettes smoked per day and the number of years smoked.

*People who smoke have about 20 times the risk of lung cancer compared to those who do not smoke*

Smokers can decrease the risk of lung cancer by quitting for good. These methods can help:

- Counseling.
- Nicotine replacement products.
- Antidepressant therapy.

In smokers who have been treated for lung cancer, quitting smoking lowers the risk of new lung cancers.

*After a person has quit smoking for 10 years, the risk of lung cancer decreases by 30 to 50%*

### Limit Exposure to Secondhand Smoke

Being exposed to secondhand tobacco smoke is also a risk factor for lung cancer. People who inhale secondhand smoke are exposed to the same cancer-causing agents as smokers. There is no safe level of exposure to secondhand smoke. Keep tobacco smoke out of your home and car.

### Lower Radon Exposure

Radon is a radioactive gas that comes from the breakdown of uranium in rocks and soil. It seeps up through the ground and leaks into the air or water supply. Radon can enter homes through cracks in floors, walls or the foundation. Levels of radon can build up over time.

- High levels of radon gas inside the home or workplace increase the number of new cases of lung cancer and the number of deaths caused by lung cancer.
- The risk of lung cancer is higher in smokers exposed to radon than in nonsmokers who are exposed to it. About 26% of deaths caused by lung cancer in people who have never smoked have been linked to being exposed to radon.

High levels of radon in homes may be reduced by taking steps to prevent radon leakage, such as sealing basements.

For more information on radon risk, testing and prevention, visit the Missouri Department of Health and Senior Services at [Health.Mo.Gov/radon](https://www.health.mo.gov/radon).



### Lung Cancer Prevention Resources

The Missouri Tobacco Quitline can help current smokers quit by assigning registered participants to a trained quit coach to make a plan to stop smoking.

The Quitline can be accessed by dialing **1-800-QUIT-NOW** or at [QuitNow.net/Missouri](https://www.QuitNow.net/Missouri).



### Lower Exposure to Workplace Risk Factors

Being exposed to the following substances increases the risk of lung cancer:

- Asbestos.
- Arsenic.
- Chromium.
- Nickel.
- Beryllium.
- Cadmium.
- Tar and soot.

These substances can cause lung cancer in people who are exposed to them in the workplace and have never smoked. As the level of exposure to these substances increases, the risk of lung cancer also rises. The risk of lung cancer is even higher in people who are exposed and also smoke.

*Recommendation of US Preventative Services Taskforce*  
[USPreventiveServicesTaskForce.org/uspst](https://www.USPreventiveServicesTaskForce.org/uspst)

## RECOMMENDED SCREENING GUIDELINES

### Early detection is your best defense

#### People aged 50 - 80

The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in smokers who have a 20 pack per year smoking history, or those who have quit smoking within the past 15 years.

Lung cancer screening is recommended for adults who have no symptoms but who are at high-risk for developing the disease because of smoking history and age.