

Lung Cancer:

Prevention & Screening
Identify, Reduce, Prevent



What is lung cancer?

Lung cancer happens when cells in the lungs start growing out of control. It can make breathing hard and cause coughing or chest pain. Smoking is a major cause, but non-smokers can get it too. Early detection increases your chances of more effective treatment.

What you should look out for?

- Coughing a lot, especially if it doesn't go away
- Feeling pain or discomfort in the chest area
- Finding it hard to catch your breath
- Losing weight without trying
- Feeling very tired and lacking energy
- Seeing blood when coughing
- If these happen a lot, it's important to tell a doctor

What you can do about it:

- Say No to Smoking
- Avoid Secondhand Smoke
- Spend time in places with clean air, like parks or open spaces
- Eat fruits, veggies, and balanced meals to keep your body strong
- Regular Exercise
- Visit the doctor for regular checkups to catch any problems early

Lung cancer is the #1 cause of cancer deaths for men and women.

GET SCREENED

To learn more, you can call, text, scan, or visit to get started today!

Text: "SCREEN" to 43386

Call: 833.727.3665

Visit: <https://go.rutgers.edu/PreventLC>

Scan:



Sources:
<https://www.cancer.org/cancer/types/lung-cancer/detection-diagnosis-staging.html>
<https://www.lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke>
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm



Rev. 08.29.2024