

NOVEMBER IS LUNG CANCER AWARENESS MONTH

Lung cancer is the second-leading cause of death in Arkansas behind heart disease; it is the leading cause of cancer deaths. November is Lung Cancer Awareness Month. There are some important things you can do to reduce your risk of lung cancer.

Don't smoke.

Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting.



Avoid exposure to indoor pollutants that can damage your lungs.

Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home smoke-free, and test for radon. Many radon test kits can be found online or in home improvement stores.



Minimize exposure to outdoor air pollution.

Bad air quality days can make it hard or unhealthy to breathe. Try to limit your time outside on bad air quality days.



Prevent infections.

- Wash your hands often with soap and water.
- Avoid crowds during the cold and flu season.
- Good oral hygiene can protect you from the germs in your mouth leading to infections.
- Get vaccinated every year against influenza.
- If you get sick, keep it to yourself! Stay home from work or school until you're feeling better.



Get regular check-ups from your Health Center doctor or nurse.

Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung cancer, which sometimes goes undetected until it is serious.



Exercise.

Whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy.



TO LEARN MORE ABOUT LUNG CANCER, VISIT WWW.CDC.GOV/CANCER/LUNG.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: <https://www.lung.org/lung-health-diseases/wellness/protecting-your-lungs> • <https://www.lung.org/research/state-of-lung-cancer/states/arkansas>
<https://www.lung.org/media/press-releases/arkansas-2021-state-of-lung-cancer-release> • <https://cancerstatisticscenter.cancer.org/#!/state/Arkansas> • <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/>
<https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>

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