

Jamison: Patient Education and Wellness

HANDOUT 25.1: REDUCING THE RISK OF LUNG CANCER

Recognize you are at increased risk of lung cancer if you:

- ☐ smoke. Risk is dose related and increased by:
 - ☐ being a heavy smoker
 - ☐ smoking over a long time period (starting in adolescence)
 - ☐ inhaling tobacco smoke
 - ☐ inhaling more deeply after changing to a low-nicotine tobacco brand
 - ☐ smoking unfiltered
 - ☐ smoking high-tar tobacco brands
 - ☐ smoking heavily after the age of 50 years
- ☐ share the living space of a smoker (even if you are a non-smoker)
- ☐ have occupational or other exposure to:
 - ☐ asbestos
 - ☐ nickel
 - ☐ chromate
 - ☐ radon gas
 - ☐ uranium

The more boxes you tick, the greater your risk of lung cancer.

Red flags indicating the need for immediate action:

- ☐ develop persistent cough
- ☐ cough up blood
- ☐ become short of breath
- ☐ develop vague chest tightness
- ☐ lose weight despite having a good appetite

Request immediate professional screening if you tick one or more boxes and are at risk of lung cancer

See

Assess your risk

<http://www.yourdiseaserisk.siteman.wustl.edu/hccpquiz.pl?lang=english&func=home&quiz=lung>

Overview

<http://www.webmd.com/lung-cancer/default.htm>

History and examination for lung cancer

<http://www.webmd.com/lung-cancer/medical-history-and-physical-examination-for-lung-cancer>

Gender differences

<http://www.webmd.com/video/lung-cancer-men-vs-women>