

# Know your risk of getting lung cancer

Your risk is the chance that you will get lung cancer.

It's recommended that people who have a higher risk of getting lung cancer have a screening. Screening can find lung cancer early, before you have symptoms. Talk with your doctor about your risk of getting lung cancer, ways to lower your risk, and if you should have a screening.

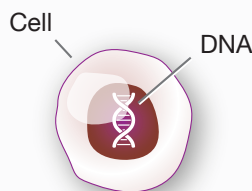


## What is lung cancer?

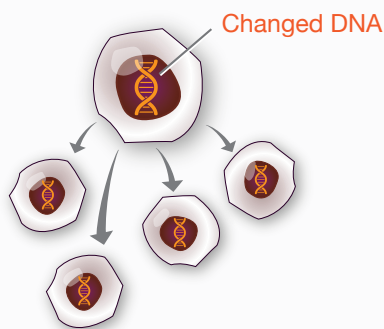
Lung cancer is cancer that starts in the tissue of the lungs. It starts when certain changes (mutations) happen that make cells grow without control. A group of these changed cells may form a tumor.

### How cells can grow out of control

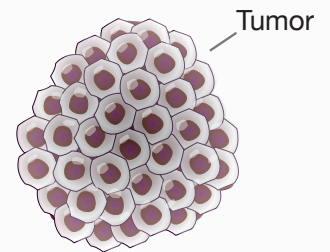
- 1 Normal cell with no changes in genes and DNA



- 2 Changes happen in the cells genes that let the cell grow out of control



- 3 A group of changed cells form a tumor



Lung cancer causes more deaths than any other cancer in the U.S. and around the world. But, the treatments for lung cancer keep improving and people with lung cancer are living longer.



## What raises my risk of getting lung cancer?

Although anyone can get lung cancer, many factors can raise your risk of getting lung cancer. If you have any of the factors below, talk with your doctor about lung cancer screening:



**Using tobacco**, such as smoking cigarettes, cigars, or marijuana. It's likely that e-cigarettes can also raise your chance.



**Being around smoke** from another person smoking cigarettes, cigars, or marijuana – also called secondhand exposure



Living or working in a building that contains **radon**, a radioactive gas you cannot see, smell, or taste. Radon damages cell in your lungs.



Having a job where you are exposed to **cancer-causing chemicals** such as asbestos, arsenic, chromium, nickel, soot, tar, or other substances



Being exposed to **air pollution**, such as:

- Outdoor air polluted with diesel fumes, dust, or chemical solvents
- Indoor air polluted with fumes from kerosene, coal, or types of fuel



Having a **family history** of lung cancer, such as a parent, brother, sister, son, or daughter who have had lung cancer



Having a **history of lung disease** such as COPD (chronic obstructive pulmonary disease), chronic (long-lasting) bronchitis and emphysema, or pulmonary fibrosis with lung tissue scarring



Drinking water that has **arsenic** in it, such as from a well



Having a **history of radiation therapy** to your chest area as treatment for other cancers, such as for breast cancer or lymphoma

Current guidelines for who should get a lung cancer screening are based only on a person's smoking history and age.



## It's important to find lung cancer early

Lung cancer screening can find cancer early, before you have symptoms. When found early, lung cancer is easier to treat and survive.



Talk with your doctor about your risk of lung cancer and ways to lower your risk.

To learn more, visit [LUNGevity.org](https://LUNGevity.org) and read the 6 mini booklets in the lung cancer screening series