

One STEP Ahead of lung cancer



November | Join us by registering at: ascension.org/GaviniCancer

Lung cancer starts in the lungs or lymph nodes. According to the American Cancer Society, it is the second most common cancer in both men and women and the leading cause of cancer deaths.

Signs and symptoms include:

- Coughing that does not go away
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Fatigue
- Weight loss
- Loss of appetite
- Infections (bronchitis and pneumonia)
- Horner syndrome

Risk factors include:

- Tobacco use
- Secondhand smoke
- Exposure to asbestos and other cancer-causing agents
- Arsenic in drinking water
- Previous or family history of cancer
- Use of talcum and talc powder

Preventive lung cancer screening

Lung screenings help you and your provider better understand your lung health. Because lung cancer usually does not show symptoms until it is at an advanced stage, a low-dose CT scan may help find lung nodules or cancer early — when it is most treatable.

Who benefits from screening?

You are considered to be at a high risk of getting lung cancer and should schedule a screening if you meet the following criteria:

- Between the ages of 50-80
- Currently smoke, or have quit within the past 15 years
- Have at least a 20 pack-year smoking history (an average of one pack per day, multiplied by 20 years of smoking)

Next steps:

To learn more, schedule a screening, or register for the November STEP Ahead virtual seminar, scan the QR code or visit ascension.org/GaviniCancer.

For more information, call **248-849-2781**.

