

Lung Cancer Awareness

What Are the Causes and Symptoms of Lung Cancer?

Lung cancer is the leading cause of cancer deaths among American men and women, and 8 out of 10 people with lung cancer got it from smoking.

Smoking is the top risk factor associated with lung cancer. Inhaling secondhand smoke also increases the risk of lung cancer, and parents who smoke are more likely to have kids who smoke. Vaping poses many of the same health risks as smoking cigarettes, including nicotine-fueled blood pressure spikes and lung damage.

Breathing in other substances that cause cancer, such as asbestos, arsenic, radon, and exhaust from vehicles or machines.

Many people do not have any signs of lung cancer. The most common symptoms include: a persistent cough, shortness of breath, chest pain, coughing up blood, and unintentional weight loss.

What You Can Do To Lower Your Risk of Lung Cancer

Don't smoke/quit smoking. One year after quitting smoking, the risk of coronary heart disease drops by one-half. Ten years after quitting smoking, the death rate from lung cancer is 50% lower than if you had continued to smoke.

Avoid indoor and outdoor pollutants, including smoke, mold, and cleaning products. If you work around cancer-causing materials, make sure to wear protective equipment.

You can improve your lung health with regular exercise. Aim for 30 minutes a day, 5 days a week. This includes walking, jogging, running, gardening, outdoor chores, and taking the stairs.

Get screened for lung cancer if you are between the ages of 50 and 80 and are currently a smoker, or have quit smoking in the past 15 years.

Lung Cancer Screening and Prevention with MSK Direct

The NYCDCC Welfare Fund partners with Memorial Sloan Kettering to offer MSK Direct, a program that gives you guided access to expert cancer care. They provide resources and support throughout your care experience. To learn more screenings, as well as other cancer care related topics, visit the MSK Direct website for the NYCDCC Welfare Fund at www.mskcc.org/nycdcc. If you or a loved one are impacted by cancer and would like to discuss treatment options available at MSK, please call the dedicated MSK Direct phone line for the NYCDCC Welfare Fund at (833) 786-3368.