

*Brought to you by the South Heartland District Health Department
Healthy People in Healthy Communities*



Lung Cancer Awareness

Lung cancer is the leading cause of cancer deaths in America. Screening is used to detect lung cancer early, when it is more likely to be curable. If lung cancer is caught before it spreads, the likelihood of surviving 5 years or more improves to 63 percent.

If you meet the following criteria, you are considered to be at "high risk" for developing lung cancer and screening is recommended:

- 50-80 years of age
- Have a 20 pack-year history of smoking (this means 1 pack a day for 20 years, 2 packs a day for 10 years, etc.)
- AND, are a current smoker, or have quit within the last 15 years.

The best way to reduce your risk is to take steps to avoid exposure to the dangerous substances most likely to cause lung cancer:

- Never smoke or stop smoking now. If you smoke, talk to your doctor or visit the Nebraska Tobacco Hotline for more information at:
dhhs.ne.gov/Pages/I-Want-to-Quit-Tobacco.aspx
- Avoid exposure to secondhand smoke.
- Test your home for radon, an odorless gas that causes lung cancer. Radon can be found in any home. If your home tests high for radon, take steps to repair your home to remove the radon. A certified radon contractor can fix the problem.
- Make sure you are safe around hazardous materials in the workplace and at home.

Radon Test Kits are available at the SHDHD office in Hastings and County Extension Offices throughout the district for \$8. <https://southheartlandhealth.ne.gov/what-we-do/environmental/radon.html>