



live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and health care specialists at Bouchard Insurance.

Lung Cancer

More people die from lung cancer than any other type of cancer. Despite this alarming statistic, lung cancer is one of the most preventable types of cancers.

Understanding Lung Cancer

Lung cancer is divided into two categories, small cell and non-small cell.

- *Small cell lung cancer* tends to only affect smokers, spreads more aggressively and is much less common than non-small cell. Only about 20 percent of lung cancer cases are small cell cases.
- *Non-small cell lung cancer* is typically more common and generally spreads at a slower rate than small cell cancer. Approximately 80 percent of all lung cancer cases are non-small cell cases.

Causes and Risk Factors

Smoking is the leading risk factor for developing lung cancer, and is accountable for almost 90 percent of all lung cancer cases. A smoker's risk for getting lung cancer is 30 times greater than the risk of a non-smoker. In addition to smoking, lung cancer can be caused by several factors, including exposure to:

- Radon
- Radiation
- Pollution
- Lung disease
- Asbestos
- Secondhand smoke

Signs and Symptoms

Catching lung cancer early gives you the best chance of survival. And recognizing the symptoms of lung cancer is the first step. The most common symptom is a persistent cough that worsens over time. Other common symptoms associated with lung cancer include:

- Constant chest pain
- Blood-tinged spit
- Coughing up blood
- Shortness of breath, wheezing or hoarseness
- Repeat occurrences of infections such as pneumonia or bronchitis
- Fever for no apparent reason
- Swelling of the neck and face
- Loss of weight due to a decrease in appetite
- Fatigue

Prevention

Researchers continue to study the causes of lung cancer and ways to prevent it. Smoking tobacco remains the number one cause of lung cancer while not smoking remains the number one preventative measure. It is never too late to stop smoking. Quitting at any age can lower your chances of getting lung cancer.

Survival

The survival rate for lung cancer is becoming more optimistic. With several new drug developments and earlier detection, survival rates continue to rise.



Did you know...?

The financial costs of lung cancer are great. The Centers for Disease Control and Prevention (CDC) found it to be one of the most expensive cancers in the country to treat, at over \$9.6 billion annually. This accounts for over 13 percent of all cancer treatment dollars.