

## Your Chances of Getting Lung Cancer

### How would I know if I have a higher chance of getting lung cancer?

Some people have a higher chance than others of getting lung cancer. Here are some things that can give you a higher chance of getting lung cancer.

### Check the things that are true for you.

- \_\_\_\_\_ 1. I smoke cigarettes.
- \_\_\_\_\_ 2. I smoke cigars or pipes.
- \_\_\_\_\_ 3. I live or work with smokers and breathe in their smoke.
- \_\_\_\_\_ 4. I have worked or lived around radon.
- \_\_\_\_\_ 5. I have worked around asbestos.
- \_\_\_\_\_ 6. I have had TB.
- \_\_\_\_\_ 7. I have had lung cancer.

### If I checked any of these things does it mean that I will get lung cancer?

If you checked any of these things, it **does not** mean you will get lung cancer. It **does** mean you have a higher chance of getting it than someone who has none of these things checked. You should talk to your doctor or nurse about your chance of getting lung cancer.



### **What can I do to lower my chances of getting lung cancer?**

- QUIT SMOKING. Smoking causes most lung cancers.
- Ask the people you live and work with not to smoke around you.
- If you have lived or worked around radon, smoking makes your chances of getting lung cancer higher. If you think there may be radon where you live, you can buy a kit at the hardware store to test your home.
- If you work around asbestos follow all safety rules.

### **The most important thing you can do is to quit smoking.**

It is never too late to quit. Even if you have smoked for many years, quitting will lower your chances of getting lung cancer. Talk to your doctor if you are thinking about quitting.



### **Where can I get help if I want to quit smoking?**

- Call the West Virginia Quit Line at 1-877-966-8784.  
**or**
- Call 1-800-QUIT NOW (1-800-784-8546)  
**or**
- Call the Cancer Information Service's Smoking Quit Line at 1-877-448-7848. The call is free.

### **Where can I find out more about lung cancer?**

- Call the Cancer Information Service at 1-800-4-CANCER (1-800-422-6237). The call is free.

