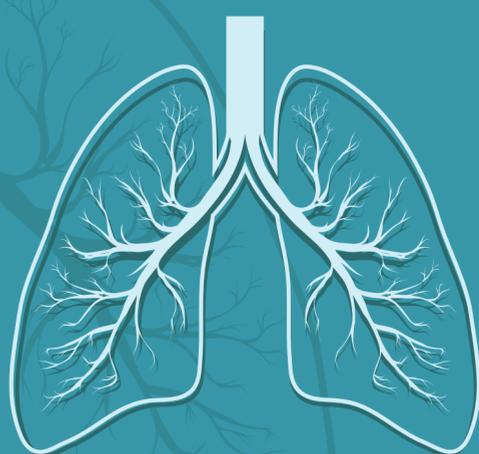


# Lung cancer: are you at risk?



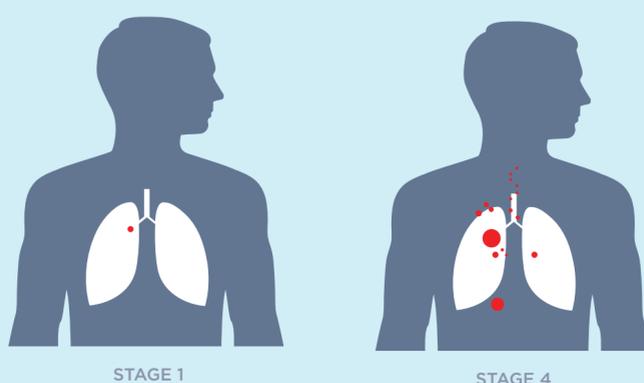
Lung cancer causes more deaths each year than breast, prostate and colorectal cancers combined. But one of the best ways to beat it is to catch it early. Know your risks so you can better determine whether or not a lung cancer screening may be right for you.

## Annual U.S. cancer deaths



## Silent symptoms

Lung cancer symptoms often aren't noticeable until the disease has spread to other parts of the body, resulting in a majority of diagnoses occurring at stage 3 or 4.



## Up in smoke

Although anyone can get lung cancer, cigarette smoking is the No. 1 cause.

Smoking is responsible for 80% to 90% of lung cancer cases.



## Determining your risk

When it comes to cancer screening, your doctor is your best resource for deciding what is appropriate and when. But if you answer "yes" to **any** of the below questions, a screening may be right for you.

Are you 50 or older?

Have you ever smoked cigarettes?

Have you smoked within the past 15 years?

Is your "pack year" number at least 20?

Calculate your pack year number by multiplying the number of packs of cigarettes you have smoked per day by the number of years.

per day  X number of years = pack year

## How we screen

The Cancer Centers of Sharp HealthCare are now using lifesaving, low-dose CT scans. A machine rotating spirally takes several X-rays of the lungs. It is a fast, painless procedure that has been shown to reduce the number of lung cancer deaths for those at highest risk.

\*The statistics in this infographic are from the American Cancer Society and the U.S. Preventive Services Task Force.

### About the expert

"Tobacco use in any form increases the risk for development of cancer. It is never too late to quit using tobacco. It is also important to remain vigilant and ask your physician for further counseling, screenings and evaluation."



— Dr. Asha Devereaux, pulmonologist at Sharp Coronado

If you or a loved one is interested in scheduling a screening, please talk to your doctor about a referral to one of our locations. For more information, visit [sharp.com/lungscreening](http://sharp.com/lungscreening).