

NOVEMBER 2022

Lung Cancer Awareness Month

Effects of Cigarette Smoking

Cigarette smoking is the number one risk factor for lung cancer.

Cigarette smoking is linked to 80 to 90% of all lung cancer cases.

People who smoke cigarettes are 15 to 30 times more likely to get lung cancer or die from lung cancer than people who do not smoke.



Effects of Secondhand Smoke

Smoke from other people's cigarettes, pipes, or cigars also causes lung cancer.

In the United States, one out of four people who don't smoke, including 14 million children, were exposed to secondhand smoke during 2013 to 2014.

Secondhand smoke causes more than 7,300 lung cancer deaths each year in the US.

Secondhand smoke can cause cancer and respiratory issues in pets.



Lung screening helps in early detection of cancer.

Talk to your doctor to find if you qualify for lung screening.

Smoking Myths and Facts

Myths

Smoking only affects the lungs

Smoking a few cigarettes a day isn't harmful.

Smoking light cigarettes is less harmful than normal cigarettes.

Cigars aren't as bad because you don't inhale.

Secondhand smoke isn't that bad.



Facts

Smoking is a leading cause of heart disease and increases risk of heart attack and stroke

Smoking six to 10 cigarettes a month increases the risk of cancer. Occasional smokers having four times risk of getting cancer than nonsmokers.

There are no safe cigarettes and any type of cigarette can increase the risk of cancer.

Even if you don't inhale while cigar smoking, your mouth, throat and lips are exposed to cancer-causing chemicals, as is your esophagus when you swallow saliva.

Secondhand smoke increases the risk of cancer in nonsmokers and can be very harmful to children, pregnant women, and pets.

Call 1-800-QUIT-NOW (1-800-784-8669).

OR (570) 209-9644

Email: info@ecneahec.org to get connected to a local group.

Resources:

CDC, https://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm