

What You Need to Know about Non-Smoking Lung Cancer

Did you know?

- Lung cancer is the most common cancer globally.
- It is often associated with smoking, but non-smokers can also develop lung cancer. The rate of the disease among non-smokers is rising. According to the American Cancer Society, 20% of people who die from lung cancer in the U.S. every year have never smoked.
- The risk of lung cancers in non-smokers are higher in women than men.



Normal Lung



Lung with Cancer

Causes of Lung Cancer in Never-Smokers



Secondhand smoke



Radon gas



Air pollution



Cooking oil fumes



Genetics



Occupation (e.g. miners)

Symptoms of lung cancer in non-smokers

- Chest discomfort or pain
- A persistent cough
- Repeated upper respiratory infections
- Trouble breathing or wheezing
- Blood in sputum
- Hoarseness
- Loss of appetite
- Unexplained weight loss
- Fatigue
- Swelling of face and/or neck veins

How to Prevent Lung Cancer



- **Avoid secondhand smoke:** If you live or work with a smoker, urge him or her to quit. At the very least, ask him or her to smoke outside.

- **Avoid carcinogens at work:** Take precautions to protect yourself from exposure to toxic chemicals at work. Follow your employer's precautions. For instance, if you're given a face mask for protection, always wear it.

- **Lower the exposure to radon:** High levels of radon in homes may be reduced by taking steps to prevent radon leakage, such as sealing basements.

- **Limit the exposure to cooking oil fumes:** Improve ventilation and use healthier cooking methods, such as baking or steaming instead of stir frying to minimize the exposure of excess oil fumes.

- **Diet:** Eat large amounts of fruits or vegetables.

- **Physical activity:** If you don't exercise regularly, start out slowly. Try to exercise most days of the week.



Lung Cancer Screening Can Save Lives—Doctors use a low-dose computerized tomography (LDCT) scan of the lungs to look for lung cancer. **Discuss with your doctor about whether screening is right for you and treatment options.**



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