

# Lung Cancer and Tobacco Use

## Lung Cancer Facts

- Lung cancer is the leading cause of cancer death in North Dakota's men and women.
- More than 390 new cases of lung cancer are diagnosed in North Dakota each year.
- More than 87 percent of lung cancer deaths are caused by smoking.
- Nonsmokers have a 20 to 30 percent greater chance of developing lung cancer if they are exposed to secondhand smoke at home or work.
- Each year, about 3,000 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.

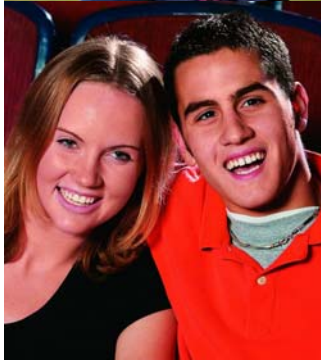
## Signs and Symptoms

- Coughing that does not go away
- Shortness of breath
- Constant chest pain
- Coughing up blood
- Hoarseness
- Recurrent pneumonia or bronchitis
- Feeling tired all the time
- Weight loss with no known cause

## Are You at Risk?

Risk factors increase your chances of developing lung cancer. Some risk factors include:

- Smoking
- Exposure to secondhand smoke
- Exposure to radon
- Exposure to asbestos and other toxic chemicals
- Environmental contamination
- A family history of lung cancer



## Spit Tobacco Is Not a Safe Alternative

- Even though it is marketed as a safe alternative to smoking, spit tobacco is not safe.
- Spit tobacco contains 28 known cancer-causing chemicals.
- Spit tobacco greatly increases the risk of developing mouth and throat cancers.
- For more information about the effects of spit tobacco, visit the North Dakota Department of Health, Oral Health Program website at [www.ndhealth.gov/oralhealth](http://www.ndhealth.gov/oralhealth).

## If You Smoke, Get Help With Quitting

Lung cancer is the most preventable form of cancer death. If you smoke, the most important thing you can do is to get help with quitting.

- Contact the North Dakota Tobacco Quitline at **1.800.QUIT.NOW**. The Quitline offers free telephone counseling to any North Dakota resident and also offers free nicotine patches, nicotine gum or nicotine lozenges to qualified enrollees.
- Or go to [www.nd.quitnet.com](http://www.nd.quitnet.com) for a free web-based service to help quit tobacco use.
- Contact your health-care provider.
- Contact your local cessation program. Visit the North Dakota Department of Health, Division of Tobacco Prevention and Control website at [www.ndhealth.gov/tobacco](http://www.ndhealth.gov/tobacco) to view the Directory of North Dakota Local Tobacco Cessation Programs.