Lung Cancer

and

Tobacco Use
Lung Cancer Facts

Are You at Risk?

Signs and Symptoms
Spit Tobacco Is Not a Safe Alternative

If You Use Tobacco, Get Help Quitting
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.
- 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
Risk factors include:

- Smoking (#1 risk factor)
- Exposure to secondhand smoke
- Exposure to radon
- Exposure to asbestos and other toxic chemicals
- Environmental contamination
- A family history of lung cancer
Spit tobacco contains 28 known cancer-causing chemicals.

Spit tobacco greatly increases the risk of mouth and throat cancers.
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.
- Contact your health-care provider.
- Contact your local cessation program.
The North Dakota Tobacco Quitline offers:

► FREE telephone counseling
► FREE nicotine patches*
► FREE nicotine gum*
► FREE nicotine lozenges*

* To qualified enrollees
Lung cancer is the most preventable cancer death.
Information obtained from the North Dakota Department of Health, the U.S. Centers for Disease Control and Prevention and the American Cancer Society.
Mercer/Oliver County Tobacco Coalition, (701) 748-3655

Please call for more information about the upcoming smoke-cessation program at Sakakawea Medical Center.
Doris Steinwand (who has never smoked) was diagnosed with cancer in the upper lobe of her left lung in June of 2006. Doris had the upper lobe of her lung removed and entered into chemotherapy treatment.

Doris says, “During chemo I lost most of my hair, was tired a lot and nauseous sometimes. I got out of bed every morning, bathed and got dressed for the day.

I didn’t think why me – I thought why not me? I’d rather have this happen to me than one of my children or grandchildren. What helped me through this was my faith, help of family and friends and keeping a positive attitude. You need to have a good attitude.”

Two years after treatment, Doris is showing no signs of cancer.