Lung Cancer Talking Points for the General Public

The Talking Points tool is a quick reference guide that can be used to communicate lung cancer information to individuals or small groups and for developing communication materials.

**What is the CPEST program?**

- The Anne Arundel County Department of Health's Cancer Screening Services Program links the community to cancer prevention, education, screening and treatment services. These services include prevention and education about lung cancer.

**What is lung cancer?**

- Lung cancer occurs when abnormal cells form in the lungs and grow out of control. These cells can form a tumor and can spread to other parts of the body.

**Symptoms**

- Lung cancer can develop in our bodies long before symptoms show up. It is best to find lung cancer early by getting screened before you have symptoms. Symptoms may include: a cough that does not go away or gets worse, chest pain when you breathe, coughing up blood or rust colored spit/phlegm, a hoarse voice, unexplained weight loss, loss of appetite, feeling tired or weak, or a reoccuring infection like bronchitis or pneumonia.

**Risk factors**

- Smoking is the #1 cause of lung cancer. Between 80-90% of lung cancer is caused by smoking. 
- Exposure to second-hand smoke increases a non-smoker's risk by 20-30%.
- Exposure to asbestos or radon are lung cancer risk factors.
- Personal or family history of lung cancer are also lung cancer risk factors.

**Is screening right for you?**

- Are you between 50-80 years old?
- Do you currently smoke or have you ever smoked?
- Do you have a family history of lung cancer and/or a personal history of lung cancer or lung disease?
- Have you been exposed to asbestos or radon?
- If you answered yes to one or more of these questions, you should talk to your doctor to decide if lung cancer screening is right for you.

**Who should you contact for more information?**

- You can contact the Anne Arundel County Department of Health's Cancer Screening Services Program at 410-222-6180 to talk more about lung cancer.

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