



THE BIG 5 CANCERS AFFECTING WOMEN IN SA

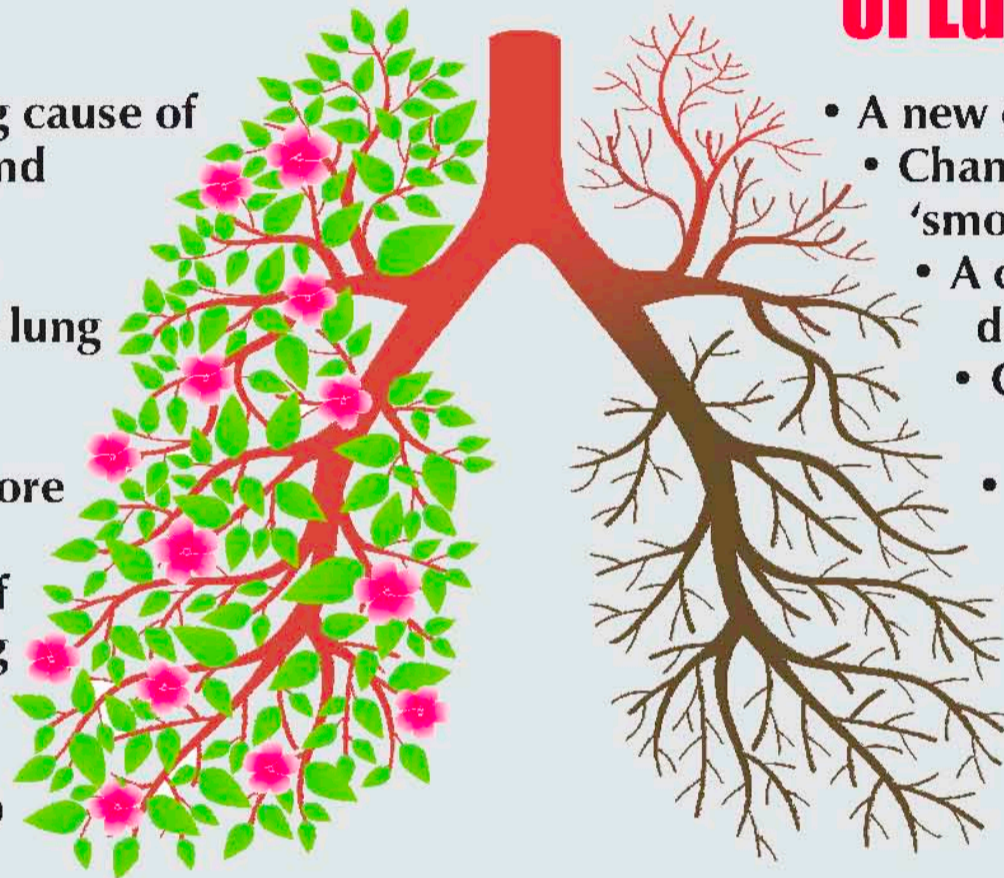
LUNG CANCER

What you need to know

1:232 * Estimated Lifetime Risk for Women in SA

5 Key Facts

- Lung cancer is a leading cause of cancer deaths in men and women worldwide
- Smoking counts for the majority of preventable lung cancers
- Lung cancer is more common in men. (As more women have started smoking, the number of women developing lung cancer has increased)
- People who don't smoke can also develop lung cancer
- Survival rates for people diagnosed with lung cancer are low. People diagnosed at earliest stages have the greatest chances for recovery



Signs and Symptoms of Lung Cancer

- A new cough that doesn't go away
- Changes in a chronic cough or 'smoker's cough'
- A cough that gets worse or does not go away
- Coughing up blood, even a small amount
- Shortness of breath or wheezing
- Constant chest pain - especially when coughing
- Frequent chest infections
- Wheezing/hoarseness
- Swelling of the neck and face
- Fatigue (feeling very tired all the time)
- Loss of appetite/losing weight without trying
- Bone pain
- Headache

Manage your risk for Lung Cancer

- Quitting smoking at any time can lower risk
- Exposure to second hand smoke increases the risk in non-smokers two to three fold
- Healthy diet and moderate physical activity play a role in lowering risk
- Exposure to asbestos increases risk, and combined with smoking the risk is greatly increased
- Chemicals used in industry and around homes may increase risk. Labels on home products such as wood stripper, and Material Safety Data Sheets provide information on safe exposure and proper masks to use
- Exposure to radon in the house is the second leading cause of lung cancer overall, and the number one cause in non-smokers. (Radon is an invisible radioactive gas that results from the normal decay of radium in the soil)



Need help quitting

Visit the CANSA website for info on our e-Kick Butt programme or call us toll-free



Research • Educate • Support



Toll-free 0800 22 66 22

www.cansa.org.za