



The Maryland State Medical Society

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NOVEMBER IS NATIONAL LUNG CANCER AWARENESS MONTH

BALTIMORE, November 19, 2014 —Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women. Each year about 200,000 people in the United States are told that they have lung cancer and more than 150,000 people die from the disease. Cigarettes can also cause bladder cancer, leukemia, stroke and other conditions not directly related to the smoke. E-Cigs and vaping are becoming more popular and can also have serious side effects.

Staying informed with the latest news on prevention and screening is an important step in reducing your risk of developing lung cancer. You can help lower your risk for lung cancer in the following ways:

- **Don't smoke.** The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke. About 90% of lung cancers are linked with cigarette smoking.
- **Avoid secondhand smoke.** Smoke from other people's cigarettes, pipes, or cigars is called secondhand smoke. Make your home and car smoke-free. When a person breathes in secondhand smoke, it is like he or she is smoking. In the United States, about 7,300 people who never smoked die from lung cancer due to secondhand smoke every year.
- **Get your home tested for radon.** The second leading cause of lung cancer is radon, a naturally occurring gas that comes from rocks and dirt and can get trapped in houses and buildings.

Are you looking to kick the smoking habit for good, but aren't sure where to start? The American Cancer Society Cancer Action Network (ACS CAN) is celebrating the American Cancer Society's 39th annual Great American Smokeout on Thursday, November 20, by calling on state lawmakers to protect the health of Maryland residents by passing legislation increasing tobacco excise taxes and increasing state funding for tobacco prevention and cessation programs.

Dr. Tyler Cymet, President of MedChi, will ask his patients "Do you smoke?" and if he gets a yes, the follow up is "Why?" Dr. Cymet states "there is no good reason for smoking-except for the physical addiction to the drug."

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.