



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **NOVEMBER IS NATIONAL LUNG CANCER AWARENESS MONTH**

BALTIMORE, November 18, 2016—Lung cancer accounts for about 27 percent of all cancer deaths and is by far the leading cause of cancer death among both men and women. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

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. Cigarettes can 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.
- **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? Encourage someone you know to pick a date with you to make a plan to quit, or plan in advance and then quit smoking that day.

### 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](http://www.medchi.org).