

Indiana Lung Cancer Awareness Toolkit



November 2020



November is Lung Cancer Awareness Month, part of the health campaign to increase awareness about lung cancer, symptoms and risk factors, screening and more. This kit was created to reduce the burden of lung cancer in Indiana through education, awareness, and outreach. This burden can be reduced by educating Hoosiers on risk factors & cancer screening guidelines and by providing support for patients, survivors, and their family members.

Lung cancer is the leading cause of cancer death in the United States, accounting for an estimated one in four cancer deaths.

WHAT? is Cancer?

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells.

The cancer cells form tumors that destroy normal tissue. If cancer cells break away from a tumor, they can travel through the blood stream or the lymph system to other areas of the body, where they might form new tumors (metastases). If this growth is not controlled, cancer might be fatal.

Lung cancer typically begins in the lungs and may spread to lymph nodes or other organs in the body, such as the brain.

WHO gets Cancer?

In Indiana, in 2015, **72% (71.7)** of all cancer cases were diagnosed among people **ages 55–84**.

Age Group	Percentage
Ages 65-74	28%
Ages 75-84	19%
Ages 55-64	24%

Individuals who have been exposed to certain external and internal risk factors have an increased risk of developing cancer, such as male smokers, who are about 23 times more likely to develop **lung** cancer than nonsmokers.

ANYONE can get cancer at any age; however middle-aged and older people are most likely to develop cancer.

Cigarette smoking is overwhelmingly the primary cause of lung cancer, as 80 percent of lung cancer deaths in the U.S. are related to smoking. The most important thing you can do to lower your lung cancer risk is to quit smoking and avoid secondhand smoke.

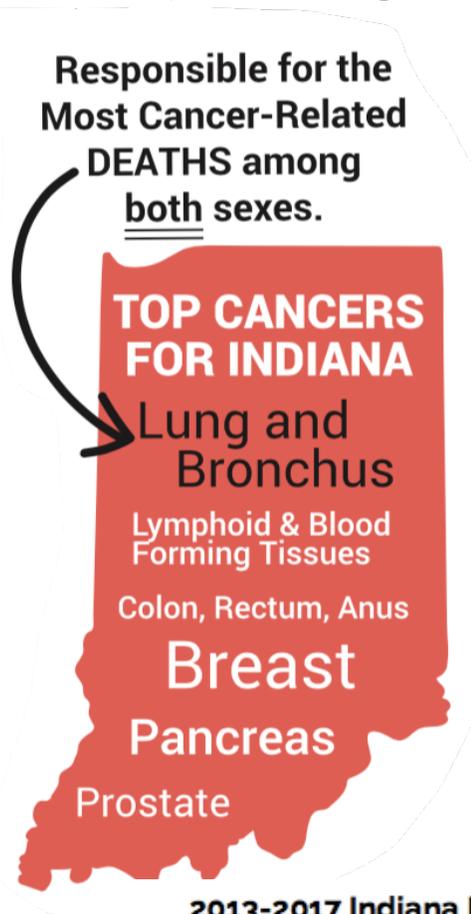
Facts and Figures

- Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women (not counting skin cancer).

Approximately
2 in 5 Hoosiers
now living will eventually
have cancer



Suggesting that every Hoosier
will have a personal connection
to cancer in some way.



- Each year, about 218,000 people in the United States are told they have lung cancer and about 149,000 people die from this disease.
- Lung cancer is by far the leading cause of cancer death among both men and women, making up almost 25% of all cancer deaths.
- Lung cancer mainly occurs in older people – the average age of people when diagnosed is about 70.

Indiana Lung Cancer Incidence and Mortality

2013-2017 Indiana Lung Cancer Age-Adjusted Incidence Rate by Race and Sex

	All Races	White	Black
Both Sexes	72.3	73.2	69.1
Males	75.9	76.8	73.7
Females	67.7	68.5	65.4

2012-2016 Indiana Lung Cancer Age-Adjusted Mortality Rate by Race and Sex

	All Races	White	Black
Both Sexes	52.3	52.6	54.0
Males	57.5	57.8	59.7
Females	46.3	46.5	49.3

Data Source: Indiana State Cancer Registry
*Rates exclude in situ cancers

Lowering Your Risk

- Reduce Tobacco Use – Visit www.in.gov/quitline for free smoking cessation assistance.
 - Nearly 9 out of 10 lung cancers are caused by smoking cigarettes.
 - Smoking can cause cancer and then block your body from fighting it.
 - Lung cancer kills more men and women than any other type of cancer.
 - The lungs can gradually repair themselves if an individual stops smoking before cancer develops. Regardless of how long a person has smoked, quitting can help lower the risk for cancer and a multitude of other diseases.
- Be aware of and reduce exposure to secondhand smoke
 - Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of getting lung cancer by 20% to 30%.
- Test your home for Radon
 - [Radon](#) is a gas that you cannot smell, taste, or see. It comes naturally from rocks and soil and can dissolve in groundwater.
 - Radon is thought to be the second leading cause of lung cancer in the U.S., responsible for more than 20,000 lung cancer deaths each year.
 - One out of 15 homes have a high level of radon.
- Avoid exposure to cancer-causing chemicals and materials (e.g. asbestos)
- Lung cancer screening is recommended only for adults who are at high risk for developing the disease because of their smoking history and age. The [U.S. Preventive Services Task Force](#) recommends yearly lung cancer screening for people who:
 - Have a history of heavy smoking, *and*
 - Smoke now or have quit within the past 15 years, *and*
 - Are between 55 and 80 years old.
- Exercise regularly and eat a healthy diet.

Common Signs and Symptoms of Lung Cancer

There are many [symptoms](#) for lung cancer and vary by individual . Most people with lung cancer don't have symptoms until the cancer is advanced.

Common symptoms include:

- Ongoing or worsening cough
- Blood in spit or phlegm
- Chest pain associated with coughing or deep breathing
- Hoarseness or voice changes
- Weight loss or decreased appetite
- Shortness of breath
- Fatigue
- Recurring infections, such as pneumonia or bronchitis

What the Community Can Do to Help Prevent Lung Cancer

- Reduce minors' access to tobacco products and e-cigarettes.
- Promote smoke-free policies, smoke-free workplaces, and higher taxes on tobacco products.
- Support individuals in their efforts to quit smoking.
- Support efforts to reduce exposure to carcinogens known to cause lung cancer (such as secondhand smoke).
- Educate community members about lung cancer screening programs.
- Reduce barriers to health care access, such as those related to finances, transportation, health literacy, provider access, and insurance.
 - Rural communities of particular consideration.

Treatment

- Treatment options for lung cancer are dependent on the type of lung cancer.
 - Small cell lung cancer is typically very aggressive, but less common, and accounts for about 13 percent of cases.
 - Non-small cell lung cancer makes up about 84 percent of cases.
- Depending on the type and stage of lung cancer, treatment can include surgery, radiation, chemotherapy, immunotherapy, and/or targeted therapy.
- Access to timely treatment is crucial in improving survival.

Resources

- [Lung Cancer Support Resources](#)
- [American Cancer Society](#)
- [American Lung Association](#)
- [CDC Lung Cancer Information](#)
- [CDC Radon Information](#)
- [CDC Screening Guidelines](#)
- [Rethink Tobacco Indiana](#)
- [Indiana Cancer Consortium Lung Cancer Awareness Poster](#)
- [7 Ways You Can Raise Lung Cancer Awareness and Funding in November](#)
- [LUNG FORCE Initiative](#)
- [The Great American Smokeout](#)
- [Quit Now Indiana](#)
- For help quitting, visit smokefree.gov, call 1 (800) QUIT-NOW (784-8669), or text “QUIT” to 47848.

Sources:

Center for Disease Control and Prevention

<https://www.cdc.gov/cancer/dcpc/resources/features/lungcancer/>

Indiana Cancer Consortium - Indiana Cancer Facts & Figures

<https://indianacancer.org/wp-content/uploads/2020/09/Indiana-Cancer-Facts-and-Figures-2018-WithCover.pdf>

American Cancer Society

<https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html>