



## LUNG CANCER AWARENESS MONTH NOVEMBER 2023 | QUICK FACTS

- **The American Cancer Society estimates 2,030 Nevadans will be diagnosed with lung cancer in 2023 and 1,260 will die of the disease.**
- Lung cancer is the #1 cancer killer in Nevada by far, taking the lives of more people each year than colorectal and breast cancer combined.
- Lung cancer is more common in rural communities, mostly due to higher rates of tobacco use and lower rates of lung cancer screening. Rural patients also have a 34% higher death rate from lung cancer than urban patients.
- Those living in persistent poverty have a 16.5% higher mortality rate from lung cancer. Communities with persistent poverty are more likely to have higher cancer risk factors, including cigarette smoking, less access to health care, less formal education, higher unemployment and larger populations of racial/ethnic minorities.

### SCREENING / EARLY DETECTION

- Adults ages 50-80, with a 20 pack-year smoking history, who currently smoke or have quit within the past 15 years, should be screened with low-dose CT (LDCT) annually.
  - 1 pack a day for 20 years = 20 pack years
  - 2 packs a day for 10 years = 20 pack years
- **Only 7.4% of eligible Nevadans received lung cancer screening last year.**
- Screening with LDCT helps to find lung cancers earlier when they're easier to treat. If lung cancer is found before it spreads, the likelihood of surviving 5 years or more improves 63%.
- Some people do not get screened for lung cancer, or do not get treatment after diagnosis, because of the stigma associated with lung cancer. Reducing stigma is essential to improving early detection and reducing deaths from lung cancer.

### PREVENTION

- Tobacco use is the leading cause of lung cancer—smoking and secondhand smoke exposure both cause the disease. Those who smoke should quit, and those who can avoid secondhand smoke exposure should.
- Nevada offers free tobacco quit assistance at 1-800-QUIT-NOW or <https://nevada.quitlogix.org/en-US/>.
- Radon, a colorless and odorless gas that can seep into homes and buildings through the ground. Is the second leading cause of lung cancer. People can test homes, schools, offices and other buildings for radon and install devices to lower elevated radon levels.
- Air pollution, such as long-term exposure to outdoor particle pollution, can also cause lung cancer.