

TOBACCO

Facts

September 2013

Tobacco Use and Lung Cancer

Lung Cancer Facts

- Lung cancer is the leading cause of cancer death in North Dakota's men and women.
- More than 390 new cases of lung cancer are diagnosed in North Dakota each year.
- More than 87 percent of lung cancer deaths are caused by smoking.
- Nonsmokers have a 20 to 30 percent greater chance of developing lung cancer if they are exposed to secondhand smoke at home or work.
- Each year, about 3,000 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.

Signs and Symptoms

- Coughing that does not go away
- Shortness of breath
- Constant chest pain
- Coughing up blood
- Hoarseness
- Recurrent pneumonia or bronchitis
- Feeling tired all the time
- Weight loss with no known cause

Are You at Risk?

Risk factors increase your chances of developing lung cancer. Some risk factors include:

- Smoking
- Exposure to secondhand smoke
- Exposure to radon
- Exposure to asbestos and other toxic chemicals
- Environmental contamination
- A family history of lung cancer

Smokeless Tobacco Is Not a Safe Alternative

- Even though it is marketed as a safe alternative to smoking, smokeless tobacco is not safe.
- Smokeless tobacco contains 28 known cancer-causing chemicals.
- Smokeless tobacco greatly increases the risk of developing mouth and throat cancers.
- For more information about the effects of smokeless tobacco, visit the North Dakota Department of Health, Oral Health Program website at www.ndhealth.gov/oralhealth.

If You Smoke, Get Help With Quitting

Lung cancer is the most preventable form of cancer death. If you smoke, the most important thing you can do is to get help with quitting.

- Contact **NDQuits**, either by visiting www.ndhealth.gov/ndquits or by calling **1.800.QUIT.NOW** (1.800.784.8669). **NDQuits** offers free help with quitting via telephone, online and mobile device options for any North Dakota resident. Services include:
 - Personal quit coaches.
 - Chatting with other tobacco quitters.
 - Free nicotine patches, nicotine gum or nicotine lozenges to qualified enrollees.
- Contact your health-care provider.

Information for this fact sheet was obtained from the North Dakota Department of Health, the U.S. Centers for Disease Control and Prevention and the American Cancer Society.



NORTH DAKOTA
DEPARTMENT OF HEALTH

For more information, contact:
Tobacco Prevention & Control Program
North Dakota Department of Health
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Bismarck, N.D. 58505-0200

701.328.3398 or 800.280.5512 / www.ndhealth.gov/tobacco

