

TOBACCO *Facts*

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

Spit Tobacco Is Not a Safe Alternative

- Even though it is marketed as a safe alternative to smoking, spit tobacco is not safe.
- Spit tobacco contains 28 known cancer-causing chemicals.
- Spit tobacco greatly increases the risk of developing mouth and throat cancers.
- For more information about the effects of spit 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.

- Call the North Dakota Tobacco Quitline at **1.800.QUIT.NOW** (1.800.784.8669). The Quitline offers free telephone counseling to any North Dakota resident and also offers free nicotine patches, nicotine gum or nicotine lozenges to qualified enrollees.
- Log on to North Dakota QuitNet at www.nd.quitnet.com. This is a free online service that offers access to quit coaches, the ability to chat with other tobacco quitters and 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.



For more information, contact:
 Tobacco Prevention & Control Program
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 Bismarck, N.D. 58505-0200

701.328.3138 or 800.280.5512 / www.ndhealth.gov/tobacco

