

LUNG CANCER

KNOW YOUR RISKS.
KNOW YOUR OPTIONS.

Tobacco Use: The #1 Risk Factor for Lung Cancer²



Smoking raises lung cancer risk by 15–30x.²



All tobacco products increase lung cancer risk, not just cigarettes.²



Cigarette smoke contains at least 69 known cancer-causing chemicals.³



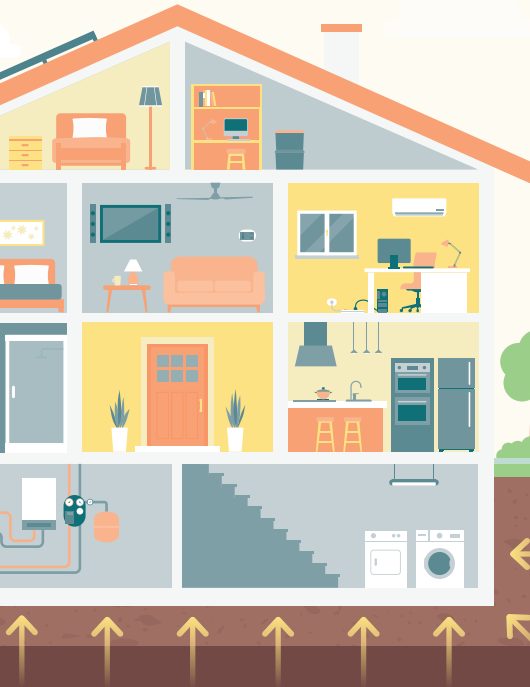
Exposure to secondhand smoke raises lung cancer risk by 20–30%.³



Smoking accounts for ~90% of lung cancer deaths.³



Quitting smoking at any age can lower the risk of lung cancer.



Radon: The Hidden Risk

Odorless | Tasteless | Invisible



Radon is the #1 cause of lung cancer in non-smokers.⁴



The only way to know if your home or building has high radon levels is to test.⁵



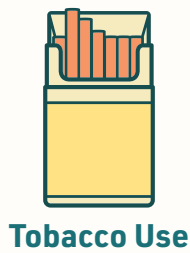
Radon gas occurs naturally in soil and can enter any building—urban or rural.⁵



Radon levels can vary dramatically from building to building, even on the same street.⁵

Nebraska's average radon level exceeds the EPA's recommended action level, making testing essential for every building.⁷

Together: Lung Cancer Risks Multiply



Lung Cancer Risk
Increases by
10x⁵

Addressing both common risk factors gives you the greatest protection.

Preventable | Detectable | Treatable

Lung Cancer is the **2nd most common cancer** in the U.S.¹

3 OPTIONS THAT CAN LOWER YOUR RISK

1 Get Screened: Painless. Non-Invasive. Life-Saving.

Early detection matters. For high-risk individuals, annual screening can reduce lung cancer death rates by up to 20%.⁶

What to expect: A low-dose CT scan that takes only a few minutes. It's painless, non-invasive, and covered by most insurance plans.⁶

KNOW YOUR ELIGIBILITY



**Age
50-80**



20+ pack-year history
(packs per day X years smoked)



**Currently smoke or quit
within the past 15 years**




Talk with your doctor or check where you can get screened at dhhs.ne.gov/cancerprogram.

2 Quit Tobacco: The Nebraska Quitline Can Help.

For free help quitting tobacco, call the Nebraska Tobacco Quitline.

 **1-800-QUIT-NOW | 1-855-DÉJELO-YA**

 **QuitNow.ne.gov**

3 Test for Radon: The Only Way to Know

Testing is the only way to know your home is at a safe radon level. Many Nebraska health departments offer free or reduced-cost testing options.

 Visit dhhs.ne.gov/radon for more information on testing.

REFERENCES

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