

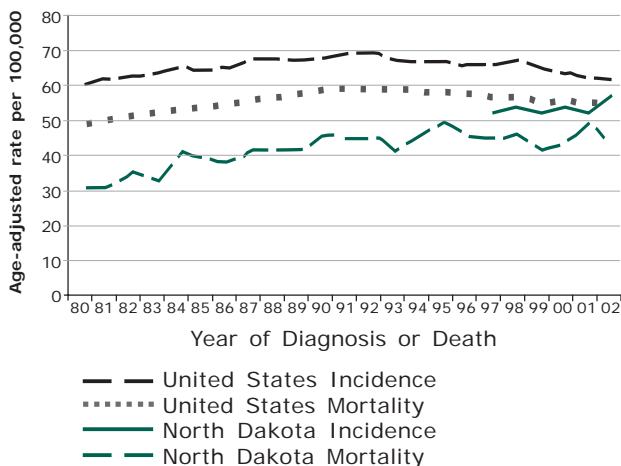
What Is Lung Cancer?^{1,2}

Lung cancer is an uncontrolled growth of abnormal cells in the lungs, most often started in the lining of the bronchi.

What Causes Lung Cancer?^{1,2}

Tobacco smoking or exposure to tobacco smoke is by far the leading cause, accounting for about 87 percent.

Figure 1. Lung Cancer Rates, 1980-2002



Note: North Dakota has cancer incidence data for 1997-2002 only.

Lung Cancer in the United States³

- ❖ Lung cancer is the leading cause of cancer death in both men and women.
- ❖ Lung cancer deaths are declining in men. Female lung cancer deaths are approaching a plateau after continuously increasing for several decades.
- ❖ Nearly 70 percent of people diagnosed with lung cancer are older than 65; fewer than 3 percent of people diagnosed with lung cancer are younger than 45.
- ❖ In 2006, approximately 174,000 new lung cancers will be diagnosed.
- ❖ Approximately 164,000 people will die from lung cancer in 2006.
- ❖ Six out of 10 people will die within the first year of diagnosis; three out of four will die after two years.
- ❖ Secondhand smoke is linked to about 3,000 lung cancer deaths per year in nonsmoking adults.

Risk Factors^{1,2}

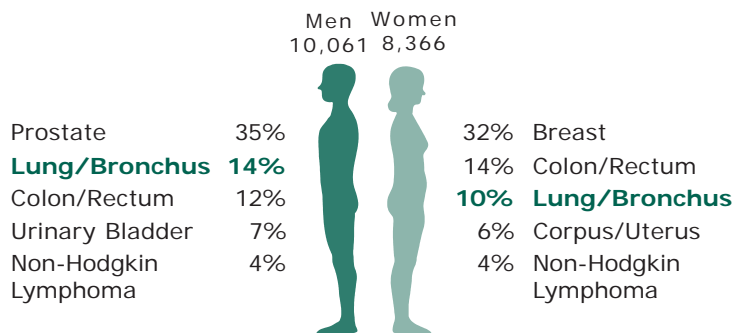
The following factors increase one's chances of contracting lung cancer:

- ❖ Tobacco smoking
- ❖ Occupational or environmental exposure to asbestos or radon, particularly among smokers
- ❖ Radiation therapy to the lung
- ❖ Personal and family history
- ❖ Diet
- ❖ Air pollution

Lung Cancer in North Dakota⁴

- ❖ Compared to the U.S., the state's incidence and mortality rates are lower (Figure 1).
- ❖ Lung cancer is the second most frequently diagnosed cancer, accounting for 14 percent of cancers in men and 10 percent of cancers in women (Figure 2).
- ❖ Lung cancer is the top cause of cancer-related deaths, comprising 27 percent of cancer deaths for men and 20 percent for women (Figure 3).
- ❖ About 375 new cases are diagnosed annually.
- ❖ An estimated 310 lung cancer deaths occurred in 2005.

Figure 2. North Dakota Cancer Cases, 1997-2002



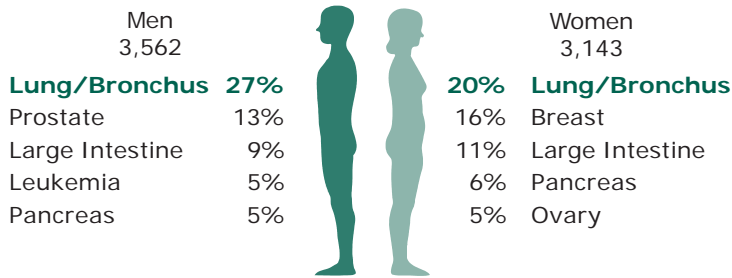
Signs and Symptoms^{1,2}

Although most lung cancers do not cause symptoms until they have spread, you should report any of the following to your doctor right away:

- ❖ Persistent cough
- ❖ Chest pain, often made worse by deep breathing
- ❖ Sputum (spit) streaked with blood
- ❖ Recurring pneumonia or bronchitis

- ❖ Hoarseness
- ❖ Weight loss and loss of appetite
- ❖ Shortness of breath
- ❖ New onset of wheezing

Figure 3. North Dakota Cancer Deaths, 1999-2003



Types of Lung Cancer^{1,2}

- ❖ **Non-small cell** – accounts for about 85 percent of lung cancers.
- ❖ **Small cell** – accounts for 15 percent of lung cancers, and almost always caused by smoking.

Treatments^{1,2}

Treatment of lung cancer varies with the type of lung cancer and the stage at diagnosis. Treatment may include the following, alone or in combination:

- ❖ Surgery
- ❖ Radiation
- ❖ Chemotherapy

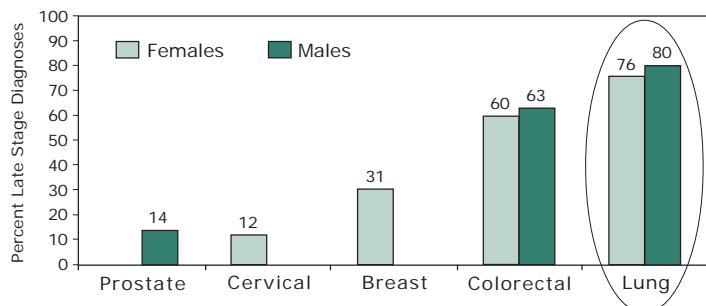
No lung cancer screening tests are currently available to prevent people from dying from this disease. Most lung cancers are found in late stages (Figure 4). When lung cancer is found early, it is as a result of tests for other medical conditions.

Prevention^{1,2}

Healthy Life Style

- ❖ Don't smoke; avoid second hand smoke.
- ❖ Eat a balanced, nutritious diet with lots of fruits and vegetables.

Figure 4. Late-Stage Cancer Diagnosis in North Dakota, by Gender, 1997-2002



References

- 1 American Cancer Society. (2006). *Detailed Guide: Lung Cancer, Non-small Cell*. http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=15
- 2 American Cancer Society. (2006). *Detailed Guide: Lung Cancer, Small Cell*. http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=16
- 3 American Cancer Society. (2006). *Cancer Facts and Figures 2006*. Atlanta: American Cancer Society.
- 4 North Dakota Cancer Registry. (2004). Bismarck, ND: Division of Cancer Prevention and Control, North Dakota Department of Health.

The Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences is assisting the North Dakota Department of Health in studying the burden of cancer upon North Dakotans. Results of this research are being used by the state Cancer Planning Committee to develop a plan for reducing the adverse impact of this disease on the lives and families of North Dakota residents.

This fact sheet is a product of the North Dakota Comprehensive Cancer Control project, with data collected by the North Dakota Cancer Registry participating in the National Program of Cancer Registries, and jointly funded by the U. S. Centers for Disease Control and Prevention. For more information, contact:

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