

# Prevent Lung Cancer

Lung cancer is Wisconsin's #1 cause of cancer death for both men and women

## 1. Quit smoking

Quitting smoking is the best way to lower your risk of lung cancer. Lung function improves 2-3 months after quitting.

### Need help?

Call **1-800-QUIT-NOW** (1-800-784-8669).

They have free support over the phone and can get you a free 2 week sample of nicotine gum, patches, or lozenges.



### Do you have health insurance?

You can get free counseling and medications to help you quit. Call your insurance company for more information.

## Not ready to quit now?

Take these small steps to change:

- **Cut down** the number of cigarettes. Smoke 1 or 2 less a day.
- **Use medications** to help you smoke less. Try lozenges, gum, or the patch.
- **Stop smoking in certain places:** home, car, breaks, or at work.
- **Delay the 1st cigarette of the day**

### For more help and information:

Go to [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

## 2. Talk to your doctor about testing for lung cancer

This test can catch lung cancer earlier in heavy smokers. The earlier lung cancer is found, the better your chances for survival.

Talk to your doctor to see if this test may be a good idea for you.



### Who should consider this test?

- You have a history of heavy smoking  
Example: 1 pack a day for 30 years or more.  
Or, 2 packs a day for 15 years or more.
- And smoke now or quit within the last 15 years
- And are between the ages of 55-80

### Do you have health insurance?

You can get this test free with health insurance.

## Test for radon in your home

Radon is a radioactive gas that comes from the earth. It can cause lung cancer. 1 in 10 homes in Wisconsin have high levels of radon.

If your home has high radon levels, smoking makes you **10 times more at risk** for getting lung cancer.

You can buy a testing kit at most hardware stores for about \$10 - \$20.



### Need help?

Go to [www.lowradon.org](http://www.lowradon.org) or call 1-888-569-7236.



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