

Lung Cancer

Cause

Effects

Lung and bronchus cancer is one of the most deadly cancers. It makes up for the most cancer deaths in the world

Click on the links to learn more on lung cancer and how you can help

Data on Lung and Bronchus Cancer

How You Can Help: Tips and Recovery



What Causes Lung Cancer?

The leading cause of lung and bronchus cancer is extensive smoking. This is due to the chemicals in cigarettes

Those chemicals include: nicotine, ammonia, carbon monoxide, acetaldehyde; which are carcinogens which cause cancer in humans



Secondhand smoking, while it does not cause lung cancer, it can cause other damaging lung conditions

Secondhand smoking can cause your lungs to deform over time if you are around someone who smokes often

Effects

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The Effects of Smoking and Lung Cancer

Someone who smokes often has an increased risk to getting lung cancer. Their lungs become unable to work as they are supposed to

As the lungs become inflamed, the airways narrow, causing increased coughing and wheezing as the lungs get blacker



Smoking also damages lung tissue and cilia which makes them susceptible to irritants to enter the lungs

Smoking causes the diaphragm to decrease in muscle mass, decreasing oxygen levels. It also increases mucus production, causing inflammation

Data

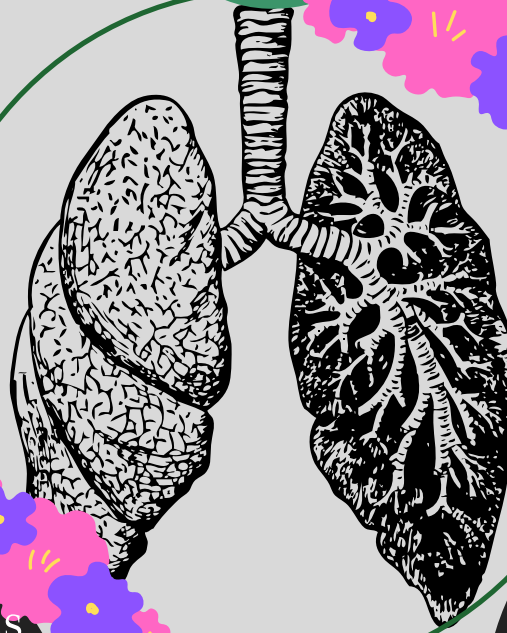
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Data on Lung Cancer

Mortality

Lung cancer is one of the most deadly cancers in this state with an increased mortality count of 2,501 deaths in just 18 years

In WA of 2017, it made up 10.4% of total cancer incidences and 23.1% of cancer mortalities for both men and women



With the invention of electronic cigarettes and vapes, I can only predict that these percentages will increase over time and the ages of people dying of lung cancer decreasing

The only gas that should enter your lungs is air. Cancer is still a medical mystery however, this is one that can be prevented

Recovery
and
Avoidance

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Recovery Tips and Resources

If you or someone you know is a smoking addict, support them in trying to go sober and getting help for their own health

There is rehab and also therapy, which I greatly recommend. Therapy can help you get a good support system

Therapy can be expensive so here are some other ways to start your journey of quitting smoking, if you do smoke very often

Nicotine replacements (patches, gums, sprays, ect.), medication (such as bupropion or Chantix), hypnosis, counseling, acupuncture

Thank you
for reading
my PSA

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