

November is National Lung Cancer and COPD Awareness Month

- Smoking-related lung cancers are the number-one cancer killer in America and the nation's public health community.
- Lung cancer accounts for 28 percent of all cancer deaths in the United States, and more Americans lose their lives to lung cancer annually than breast, prostate and colon cancers combined.
- Eighty-five percent of people diagnosed with lung cancer are current or former smokers, whom many perceive as having had the power to avoid a lung cancer diagnosis if only they had been able to quit.
- Smoking marijuana regularly may create the same respiratory problems that smoking tobacco creates - daily cough and phlegm, symptoms of chronic bronchitis, more frequent chest colds and injury to lung tissue.
- COPD stands for Chronic Obstructive Pulmonary Disease.
- COPD is an umbrella term for chronic bronchitis and/or emphysema. Most people with COPD have both.
- In COPD, the airways—the tubes that carry air in and out of your lungs—are partly blocked, making it difficult to get air in and out.
- COPD is a major cause of death and illness, and it is the fourth leading cause of death in the United States and throughout the world. Of the six leading causes of death, only COPD is increasing in deaths each year.
- Cigarette smoking is the most common cause of COPD. However, breathing in other kinds of lung irritants, like pollution, dust, or chemicals, over a long period of time may also cause or contribute to COPD.

Make a Quit Attempt with America!

November 19th is the Great American Smoke Out (GASO)

For more information about GASO or Lung Cancer visit www.cancer.org

For information on COPD visit www.breathenh.org

To learn how to quit tobacco use call 1-800-Try-To-STOP (1-800-879-8678) or visit www.TryToStopNH.org

For free materials on Alcohol, Tobacco and Other Drug Abuse call 1-800-804-0909, press 2