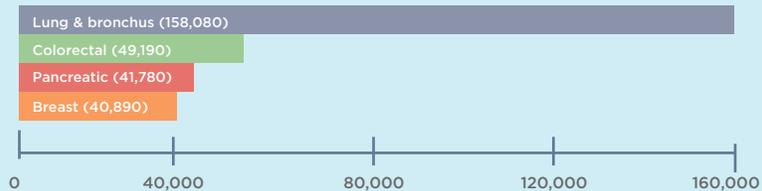


Lung cancer: are you at risk?



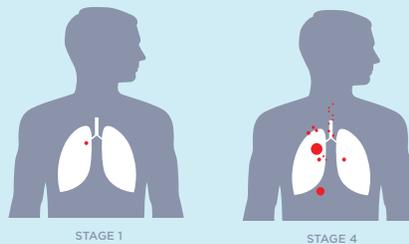
Lung cancer is the number one cause of cancer-related deaths in the U.S. But one of the best ways to beat it is to catch it early. Know your risks so you can better determine whether or not a screening may be right for you.

Deadliest cancers



Silent symptoms

Lung cancer symptoms often aren't noticeable until the disease has spread to other parts of the body, resulting in a majority of stage 3 or 4 lung cancer diagnoses.



Up in smoke

Although anyone can get lung cancer, cigarette smoking is the number one cause.

Smoking is responsible for roughly 90 percent of lung cancer cases.



Determining your risk

When it comes to cancer screening, your doctor is your best resource for deciding what is appropriate and when. But if you answer "yes" to **any** of the below questions, a screening may be right for you.

Are you 55 or older?

Have you ever smoked cigarettes?

Have you smoked within the past 15 years?

Is your "pack year" number more than 30?

(Calculate your "pack year" number by multiplying the number of packs of cigarettes you smoke, or have smoked, per day times the number of years you have smoked.)



per day X number of years = pack year

How we screen

Cancer centers at Sharp HealthCare are now using life-saving, low-dose CT scans. By rotating in a spiral motion, they take several 3-D X-rays of the lungs.

Did you know?

Radiation from the scan is so low, it's the equivalent of:



15 traditional X-rays

*The statistics in this infographic were provided by the American Cancer Society, the American Lung Association and the Centers for Disease Control and Prevention.

About the expert

"Tobacco use in any form increases the risk for development of cancer. It is never too late to quit using tobacco. It is also important to remain vigilant and ask your physician for further counseling, screenings and evaluation."

— Dr. Asha Devereaux, a pulmonologist affiliated with Sharp Coronado Hospital

If you or a loved one are interested in scheduling a screening, please talk to your doctor about a referral to one of our locations. For more information, visit www.sharp.com/lungscreening.

www.sharp.com/doctor
1-800-82-SHARP (1-800-827-4277)

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