





# Prevent Lung Cancer and Breathe Better




Alongside breast cancer, lung cancer is the most common cancer worldwide.




1


**MOST COMMON  
CANCER IN MEN**



2

**SECOND MOST  
COMMON IN WOMEN**





In South Africa, lung cancer is the fourth most common cancer and the number one cause of death due to cancer.

Yet, despite these statistics, awareness of the condition is low. The most important thing to know is that early diagnosis helps to save lives.

## WHAT CAUSES LUNG CANCER?

**The most common risk factors include:**



**SMOKING**  
11.1 million South Africans currently smoke tobacco.



**SECOND-HAND SMOKE**  
40% of South Africans are exposed to second-hand smoke at home, work and restaurants.



**FAMILY HISTORY**  
A family history of lung cancer doubles your risk of developing the condition.

## SYMPTOMS OF LUNG CANCER

**Signs and symptoms of lung cancer include:**



A new and persistent cough



Coughing up blood



Breathlessness



Chest pain



Unplanned weight loss



Headaches

## HOW TO PREVENT LUNG CANCER

By stopping smoking and using tobacco, you can protect the health of your lungs and breathe better. And 10 years after quitting, your risk for lung cancer will be about half that of a smoker.

**Here are some tips for stopping smoking:**



**SET A GOAL**  
Commit to smoking fewer cigarettes a day or smoking only on alternate days. Then, slowly cut back and eventually stop.



**AVOID TRIGGERS**  
Identifying triggers, such as smoking at parties or when stressed, can help you quit.



**AVOID SECOND-HAND SMOKE**  
Stay clear of smokers.



**JOIN A SUPPORT GROUP**  
The extra support will help, and you may learn from others.



**FIND HEALTHIER STRESS-RELIEVERS**  
Healthier alternatives to stress relief include yoga, journaling or therapy.



**EXERCISE REGULARLY**  
Physical activity can help with tobacco cravings and boost lung health.

If detected early, the survival rate for lung cancer is over 70%. So, if you experience any of the symptoms of lung cancer, consult your doctor immediately.

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