

## November – Lung Cancer Awareness Month



**Fullerton College is a smoke-free campus. Free smoking cessation services are available at the Health Center. Please call 1-714-992-7093 (714-992-7414) to make an appointment.**

Lung cancer is one of the most common cancers. In 2007, lung cancer will account for approximately 15% of all cancer diagnoses and 29% of all cancer deaths. It is the second most diagnosed cancer in men and women (after prostate and breast, respectively), but it is the number one cause of death from cancer each year in both men and women. **If you are a smoker, the most important thing that you could do is to quit. Call 1-714-992-7093 (714-992-7414) to learn how.** Smoking can cause cancers other than lung cancer, such as cancers of the esophagus, pancreas, larynx, bladder, and others. Stopping smoking will reduce your risk of developing those cancers as well.

### **When Smokers Quit - What Are the Benefits Over Time?**

**20 minutes after quitting:** Your heart rate and blood pressure drops.

**12 hours after quitting:** The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.

**1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.

**5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

**15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker's.

Source: American Cancer Society