

SHOULD I BE SCREENED FOR LUNG CANCER?

- Lung cancer is the leading cause of cancer death for both men and women in Maine.
- Nearly nine out of ten lung cancers in the U.S. are caused by smoking.

Screening Can Save Your Life.

Screening cannot prevent lung cancer but can find it early when it is easier to treat.

You Should Be Screened If You:

- Are between the ages of 55 and 80 *and*
- Have smoked one pack per day for 30 years *or* two packs per day for 15 years *or* three packs per day for 10 years *and*
- Are a current smoker or have quit within the past 15 years.

If you meet **all three** of the above criteria, talk with your doctor about being screened for lung cancer.



SMOKING AND CANCER: HELP IS AVAILABLE

Quitting can improve your health and make a big difference in your life. There are benefits for anyone diagnosed with cancer.

If you have or have had cancer, quitting may:

- Increase the success of your cancer treatments.
- Speed up your recovery time.
- Reduce the risk of your cancer coming back.
- Decrease your chances of dying from your cancer and/or developing a new cancer.
- Decrease the risk of serious medical issues from your cancer treatment.

Support is Available to Help You Quit Your Way

The Maine QuitLink offers free, confidential, supportive help over the phone or online.

