

# NUNAVUT TOBACCO REDUCTION PROGRAM

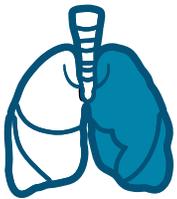
# FACT SHEET LUNG CANCER AND SMOKING



## Lung cancer is...

A disease in the lungs where cells grow out of control and form a tumour.

The leading cause of cancer deaths among Nunavummiut.



The rate of lung cancer in Nunavut is **4x** higher than the national average

## Things that increase your chance of getting lung cancer:

- Smoking tobacco
- Starting to smoke at a young age
- Smoking more cigarettes each day
- Exposure to second-hand smoke
- Renovating a house that was made with a material called asbestos
- Living in an older house that was built with a material called asbestos
- Having had lung cancer before
- Having a family history of lung cancer

**!** Smoking causes more than **85%** of the lung cancer cases in Canada



## Common signs of lung cancer:

- Bad cough that does not go away
- Chest pain that gets worse by deep breathing, coughing, or laughing
- Weight loss or losing interest in food
- Coughing up blood or brown-coloured spit
- Difficulty breathing or taking deep breaths
- Feeling very tired or low energy
- Infections of the lungs caused by bacteria, viruses, or fungi
- **IMPORTANT: Visit your health care provider if you notice any of these signs.**



## Protecting yourself and family from developing lung cancer

- Create a smoke-free home, vehicle and amauti
- Refuse to give tobacco to children and youth
- Reduce or quit smoking
- Ensure your home is safe from asbestos
- Seek early testing and treatment for lung diseases like TB and COPD



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## References

For a list of references, email [tobacco@gov.nu.ca](mailto:tobacco@gov.nu.ca)

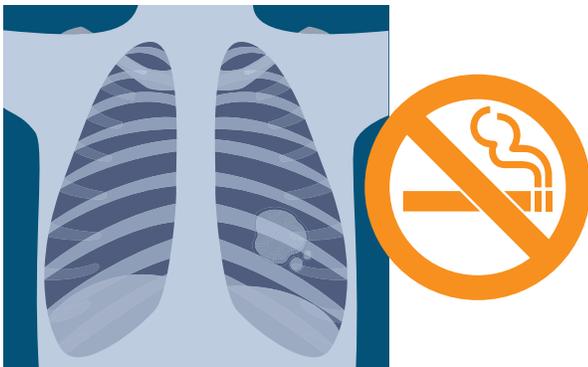
June 2020

**FACT SHEET  
LUNG CANCER  
AND SMOKING**



**How quitting smoking improves cancer treatments**

- Quitting smoking will increase how long you live.
- Quitting smoking will increase the effectiveness of cancer treatment from surgery, chemotherapy, and radiotherapy.
- Quitting smoking will decrease the risk of developing heart disease, stroke, and other diseases caused by smoking.
- Quitting smoking will increase your quality of life and decrease the risk of developing complications from cancer treatment.



**People who become smoke-free before lung cancer surgery are:**

- Less likely to have unwanted or bad effects during or after a lung surgery
- Less likely to develop infections after surgery
- More likely to heal quickly after an operation
- Able to get better faster and go home sooner after surgery
- Less likely to be readmitted to the hospital



**How to succeed at quitting smoking?**

Get support from the nurses at the health centre, community health representative, Elders, family, and friends.



Contact the QuitLine  
Toll free: 1-866-368-7848  
Email: [quithelp@gov.nu.ca](mailto:quithelp@gov.nu.ca)



See Tobacco Has No Place Here on Facebook.



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