

NUNAVUT TOBACCO AND CANNABIS PROGRAM

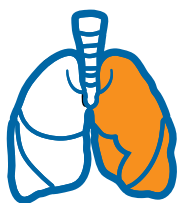
FACT SHEET LUNG CANCER AND SMOKING



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.



Tobacco
Has No Place Here
NUQUIT.S.CA | 1.866.368.7848

References

For a list of references, email tobacco@gov.nu.ca

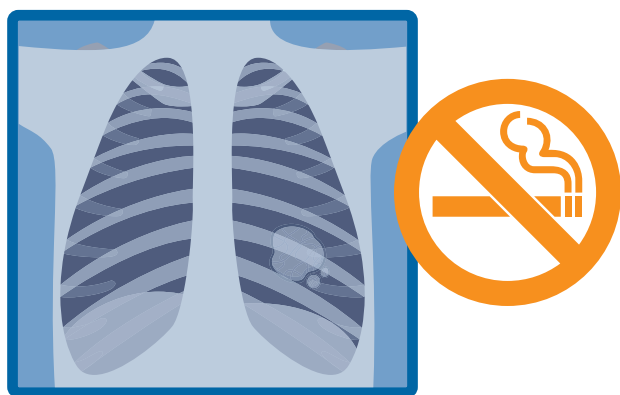
Revised February 2024

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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 health care providers at the health centre, community health representative, Elders, family, and friends.



Contact the QuitLine
Toll free: 1-866-368-7848
Email: tobacco@gov.nu.ca



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Go to: www.nuquits.ca