

# Tabletop Talks

Brought to you by  
**Health AWAREness**  
 Suites on Maple East G-59  
 Center for Health and Well-Being  
[www.iup.edu/healthawareness](http://www.iup.edu/healthawareness)



## Lung Cancer

**Lung Cancer** is uncontrolled growth of abnormal cells that start off in one or both lungs. A tumor can form and interfere with the functioning of the lungs.

**Lung Cancer does not discriminate!  
 It is the leading cancer killer in men and women!**

The number one contributor to lung cancer is smoking. Tobacco use contributes to 87% of all Lung Cancer cases.

**“I don’t smoke, so this doesn’t apply to me.”**

Well, did you know that nonsmokers have a 20-30 percent greater chance of developing Lung Cancer if they are exposed to secondhand smoke?

*Even if you don’t smoke,  
 you can pass this information  
 on to a loved one that  
 uses tobacco products.*



Source: [www.cancer.gov](http://www.cancer.gov)

**See the opposite side for resources.**

Symptoms of Lung Cancer include persistent or intense coughing; chest, shoulder, or back pain; shortness in breath; changes in voice or being hoarse and recurring lung problems (i.e., bronchitis/pneumonia). If you have these symptoms, consult with a medical provider, as they are similar to other respiratory illness.

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## Campus Resources

### Want to kick the nicotine habit?



ATOD can help!

Visit the ATOD office to make an appointment for a cessation meeting and get more information on how you could get **FREE** nicotine patches to help you quit!

[ATOD-0asis@iup.edu](mailto:ATOD-0asis@iup.edu) | Suites on Maple East, G59 | [www.iup.edu/atod](http://www.iup.edu/atod)

#### The Center for Health and Well-Being

Suites on Maple East | [www.iup.edu/chwb](http://www.iup.edu/chwb)

Alcohol, Tobacco, and Other Drugs (ATOD).....724-357-1265  
 Health Service.....724-357-2550  
 Counseling Center.....724-357-2621  
 Health AWAREness.....724-357-4799