

News Release

August 1, 2024

For Immediate Release

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United for Lung Cancer Awareness

World Lung Cancer Day is observed annually on August 1st. Southwest Nebraska Public Health Department (SWNPHD) unites with public health organizations in the goal for this day, which is to raise as much awareness of lung cancer as possible while encouraging people to get screened for this disease. According to the World Health Organization (WHO), lung cancer is the leading cause of cancer-related deaths worldwide.

“Most people know that smoking is the leading cause of lung cancer but there are other risk factors that should be considered as well,” states Diana Garcia, Program Manager. “Other risk factors include exposure to second-hand smoke, occupational hazards, radon, and air pollution, to name a few.”

Lung cancer can cause several symptoms that may indicate a problem in the lungs. The most common symptoms include:

- Cough that does not go away
- Chest Pain
- Shortness of breath
- Coughing up blood
- Fatigue (being very tired all the time)
- Weight loss with no known cause
- Lung infections that keep coming back

Not smoking is the best way to prevent lung cancer. You should also try to avoid secondhand smoke, air pollution, and workplace hazards like chemicals and asbestos. Since radon is the second leading cause of lung cancer, you should also test your home for radon. Free radon test kits are available by calling SWNPHD or visiting our website swhealth.ne.gov.

Lung cancer is often diagnosed at advanced stages when treatment options are limited. Screening high risk individuals for lung cancer can detect the disease in its early stages, which increases the chances of having successful treatment. The primary screening method for lung cancer is a low dose CT scan. If you have a history of smoking and are at high risk for developing lung cancer, talk to your health care provider about your screening options.

For more information contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. Follow us on Facebook, Instagram, YouTube and TikTok.

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