



# CANCER & TOBACCO

## WHAT YOU NEED TO KNOW

### WHAT IS CANCER?

Cancer is a group of diseases where cells grow out of control and crowd out normal cells. If the spread is not controlled, it can result in death. Lung cancer is one of the leading causes of death for Latinos in the U.S. Cigarette smoking can increase your risk of lung cancer.

### LATINOS IN THE U.S. DIAGNOSED WITH LUNG CANCER IN 2018:

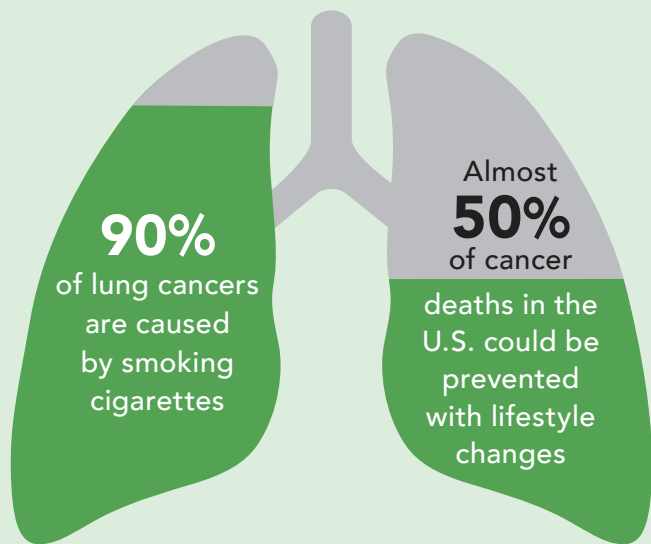


**5,000**  
women



**5,600**  
men

### SMOKING AND CANCER



### SYMPTOMS OF LUNG CANCER:



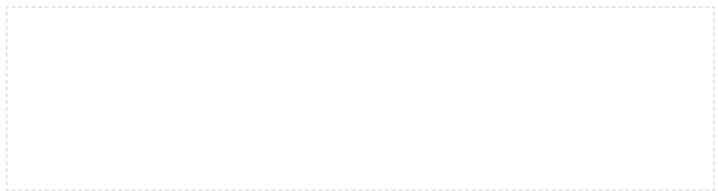
- Usually no symptoms in early stages
- Raspy cough with mucus and blood
- Lasting chest pain
- Swelling of neck and face
- Feeling tired and weak
- Trouble swallowing

### WHAT CAN YOU DO TO PREVENT CANCER?

- Talk to your doctor
- Make a plan to quit smoking
- Adopt a healthy diet
- Stay active
- Call **1-800-NO-BUTTS** (1-800-662-8887) or visit [www.nobutts.org](http://www.nobutts.org). Services are available in Spanish.



### CONTACT US:



Developed by: **HISPANIC LATINO COORDINATING CENTER**

This information is not a substitute for professional medical care or legal help. If you have questions or concerns, please talk with a health care provider.

#### References:

1. American Cancer Society (2018). Cancer Facts & Figures for Hispanic/Latinos 2018-2020. Retrieved from <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-hispanics-and-latinos/cancer-facts-and-figures-for-hispanics-and-latinos-2018-2020.pdf>
2. American Lung Association (2019). What Causes Lung Cancer. Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/what-is-lung-cancer/what-causes-lung-cancer.html>
3. American Lung Association (2019). Lung Cancer Symptoms. Retrieved from: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/symptoms/>
4. American Lung Association (2019). Can Lung Cancer Be Prevented? Retrieved from: <https://www.cancer.org/cancer/lung-cancer/prevention-and-early-detection/prevention.html>
5. Centers for Disease Control and Prevention [CDC] (2018). For Specific Groups: Hispanics / Latinos - Know the Facts. Retrieved from <https://www.cdc.gov/tobacco/campaign/tips/groups/hispanic-latino.html>