Defend Yourself Against Lung Cancer

It is the leading cancer killer in the U.S.

- Quit smoking.
  Lower your risk by as much as 80 percent.

- Protect yourself at home.
  Reduce your exposure to radon to lower your risk by 10 percent.

- Protect yourself at the workplace.
  Avoid chemical fumes to lower your risk by 9-15 percent.

- Get a lung screening when appropriate.
  Be screened before symptoms appear to lower your risk by as much as 20 percent.

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