

Tips to help you stop smoking and reduce your risk of developing lung cancer

- Plan when you are going to stop.
- Throw your cigarettes and ashtrays in the bin.
- Stop with a friend or relative, this way you can support each other.
- Keep trying, if you start to smoke again, just set yourself another date to quit.
- Change your daily routine, if you normally have a cigarette first thing in the morning then have a shower or bath first.
- Keep busy, read a book or go for a walk, so you don't have time to think about a cigarette.

You can get advise and support to help you stop smoking from your doctor.

Talk with your doctor

Please do not delay checking your symptoms. Remember that most of the people that have tests performed are not diagnosed with cancer. There could be many causes for your symptoms.

IFCC. Working together to improve the lives of all people living with cancer

If you are concerned about lung cancer or want to know more about lung cancer contact your local doctor.

If you are a resident of the islands requiring cancer related assistance or want to join the Association, please contact our IFCC:

Helpline **666 991 336**
Monday, Wednesday and Friday
from 10 am to 12 noon

Visit our website
www.ibizacancer.com

Or follow us on Facebook
[www.facebook.com / IFCCancer](https://www.facebook.com/IFCCancer)

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(Monday, Wednesday and Friday
from 10 am to 12 noon)
Registered charity No. 57089013 G

The content has been reproduced from a leaflet NHS North of Tyne



Lung Cancer

¿Do you know what to look for?

Please read this leaflet, take it home and give it to your family and friends

You may save a life

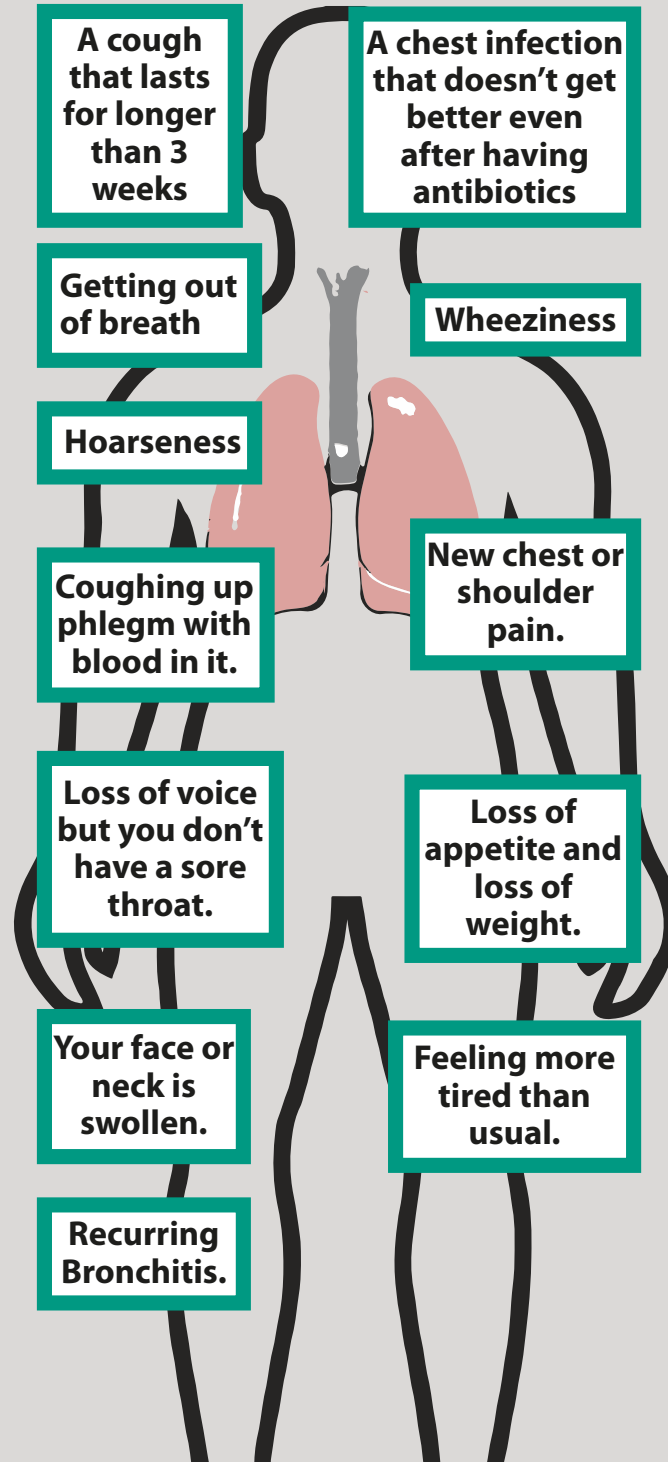
Did you know?

- Lung cancer is the most common cancer in the world
- The biggest cause of lung cancer is smoking
- People who have never smoked can develop lung cancer
- You can be diagnosed with lung cancer if you are old or young

It is important to get to know what is normal for you, to look for any changes and to see your doctor if you notice any changes as soon as possible.

Many of the possible symptoms may not be lung cancer. But if they are then it is important to get them checked out.

Symptoms to look for include:



What can you do to help reduce the risk of developing lung cancer?

- Stop smoking - stopping smoking is the best thing that you can do to help reduce the risk of developing lung cancer.
- When you stop smoking the risk of developing lung cancer reduces quickly. Approximately 90% of people who have been diagnosed with lung cancer were diagnosed because of smoking.
- Cigarettes cause the most cases of lung cancer but, pipe and cigar smokers have more of a risk of developing lung cancer compared to a non-smoker.
- Reduce your exposure to second hand smoke, ask people not to smoke around you or to go outside to smoke.
- Asbestos exposure can increase the risk of developing lung cancer.