

Module 3: Lung Cancer

Review the Objectives (Time Frame: 10 minutes)

By the end of the session, participants will be able to:

- Define lung cancer.
- Know the risk factors, detection methods, and treatment options for lung cancer.
- Understand the American Cancer Society's recommendations for reducing the risk of lung cancer.
- Understand how to take preventative steps to reduce the risk of developing lung cancer.

Worksheets/Handouts

- *Child and Teen Tobacco Use* fact sheet (www.cancer.org)
- *Questions About Smoking, Tobacco, and Health* fact sheet (www.cancer.org)
- *Tobacco-Related Cancers* fact sheet (www.cancer.org)

Materials/Resources

- Blackboard/chalk or dry erase board
- Pens or pencils
- Notepads or extra paper
- Internet access

Welcome the participants. Tell them that today's module will focus on developing a clear understanding of lung cancer.

Overview

Open the session by discussing the following points:

- Lung cancer is the leading cause of cancer death for men and women.
- It is also the most preventable form of cancer; tobacco use accounts for 87 percent of lung cancers.
- There are two major types of lung cancer; non-small cell lung cancer and small cell lung cancer.
- In 2007, there were 213,380 new cases of lung cancer and 160,390 deaths caused by lung cancer.

- Lung cancer rates are 40 percent higher among African-American men than white men, and rates are the same in African-American women and in white women. Lung cancer claimed 16,700 African Americans lives in 2007, making it the leading cancer killer of African Americans.

You may find it helpful to copy the cancer points onto a PowerPoint slide so that the participants can follow along as you discuss the points. You could also copy and paste the points into a Microsoft Word document and pass them out to the participants. A detailed overview of lung cancer can be found on the American Cancer Society's Web site at www.cancer.org.

Who Is At Risk?

- Smokers. Tobacco use is by far the greatest risk factor for lung cancer. The longer a person uses tobacco and the more they smoke, the greater their risk. If a person quits before cancer develops, the damaged lung tissue gradually improves.
- Nonsmokers who breathe secondhand smoke.
- People exposed to asbestos, radon, or other cancer-causing agents, especially in the workplace. If these people also smoke, their risk is greatly increased.
- People exposed to air pollution may have slightly increased risk of lung cancer.
- Marijuana smokers. Many of the same cancer causing agents found in tobacco are also found in marijuana. Marijuana is also inhaled deeply and held in the lungs for a longer period of time.

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Detection Methods

Because symptoms often do not appear until the disease has spread, early detection is difficult. When lung cancer is diagnosed early, it is usually a result of tests for unrelated conditions. Lung cancer may be detected with the following tests:

- Chest x-ray. An x-ray to detect lung cancer should include a view from the back to the front of the chest, as well as a view from the side.
- CT (computerized axial tomography scan, or CAT) scans. CAT scans are x-ray procedures that combine multiple images with the aid of a computer to generate cross-sectional views of the body. CAT scans may be performed on the chest, abdomen, or brain to look for cancer.
- Needle biopsy. This involves inserting a fine needle through the skin. It is commonly performed with radiological imaging for guidance. Physicians may use this method to collect cells in order to make a diagnosis.

Treatment

Surgery to remove tumors, chemotherapy, and radiation, in combination or alone, are common treatments for lung cancer.

- Surgery. Cancerous tissue is removed.
- Radiation therapy. This treatment uses high-energy rays to shrink or kill cancer cells.
- Chemotherapy. This option uses anticancer drugs that attack cancer cells and normal cells. The drugs are usually given by injection or taken by mouth.

What Can You Do About It?

- Stop smoking, or don't start at all. This is by far the best way to prevent lung cancer.
- Avoid secondhand tobacco smoke.
- Eat a healthy, balanced diet with at least five servings of fruits and vegetables every day.
- Take protective measures against cancer-causing chemicals at work.
- Monitoring indoor radon levels, especially in the home.

- Be aware of the symptoms and early signs:
 - Cough that does not go away and gets worse
 - Chest pain
 - Shortness of breath, wheezing, or hoarseness
 - Weight loss and loss of appetite
 - Coughing up blood
 - Fever without a known reason
 - Repeated pneumonia or bronchitis

These are also warning signs of other, less serious illnesses, so if they appear, discuss them with a doctor.

Suggested Activities (Time frame: 25 minutes)

Activity 1 – Helping Our Kids

More teenagers smoke than adults. About 3,000 young people start smoking each day. On top of that, about 1 in 7 high school boys use some form of spit or other type of smokeless tobacco. Among high school girls, 2 percent use spit or smokeless tobacco.

Pass out the *Child and Teen Tobacco Use* fact sheet and ask participants to review the information. Discuss the prevalence of tobacco use and the different type of tobacco products available to children. Facilitate a discussion on children and tobacco products and what parents, grandparents, and mentors can do to keep kids from starting or to help them stop.

Activity 2 – Knowledge is Power

Pass out the *Questions About Smoking, Tobacco, and Health* fact sheet, and ask participants to review the information. Discuss key points on how smoking and tobacco can affect a person's health, including the heart, circulation, and lungs; its effect on fetal development; and how it affects the development of cancer and other diseases.

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Activity 3 – Prevention through Intervention

Pass out the *Tobacco-Related Cancers* fact sheet, a notepad, and a pen to each participant. Ask participants to review the information. Remind them that what they eat and drink, how they live, and where they work can affect their risk for cancer. Encourage the participants to read more about the risk factors. Write the most common risk factors on the board. Ask participants to discuss realistic ways to minimize their risk of developing lung cancer.

Reflections (Time frame: 10 minutes)

Ask participants to announce any behavioral changes they have made since the last session that may reduce their risk of cancer. Ask one or two participants to share their experience of trying out the tips. Was it easy or difficult? If anyone had problems with the tips, why do they think that it didn't go as planned? What could they have done differently? As you listen to the answers from the participants, ask other participants if they have suggestions to overcome barriers. If participants do not offer suggestions, offer your own.

Allow time for questions and comments about the topics discussed in the session today.

Where Can I Get Additional Information?

National Cancer Institute
Cancer Information Service
Ph: 1-800-4-CANCER
Web site: www.nci.nih.gov

Alliance for Lung Cancer Advocacy, Support, and Education (ALCASE)
Ph: 1-800-298-2436 or 360-699-1944
Web site: www.alcase.org

American Lung Association
Ph: 1-800-586-4872 or 212-315-8700
Web site: www.lungusa.org

American Heart Association
Ph: 1-800-AHA-USA1
Web site: www.americanheart.org

Campaign for Tobacco-Free Kids
Ph: 202-296-5469
Web site: www.tobaccofreekids.org

National Heart Lung and Blood Institute
Ph: 301-592-8573
Web site: www.nhlbi.nih.gov/index.htm

Center for Tobacco Cessation
Ph: 202-585-3200

How Can I Get Involved?

American Cancer Society's Great American Smokeout®

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good. Contact the American Cancer Society at 1-800-227-2345 for additional information.