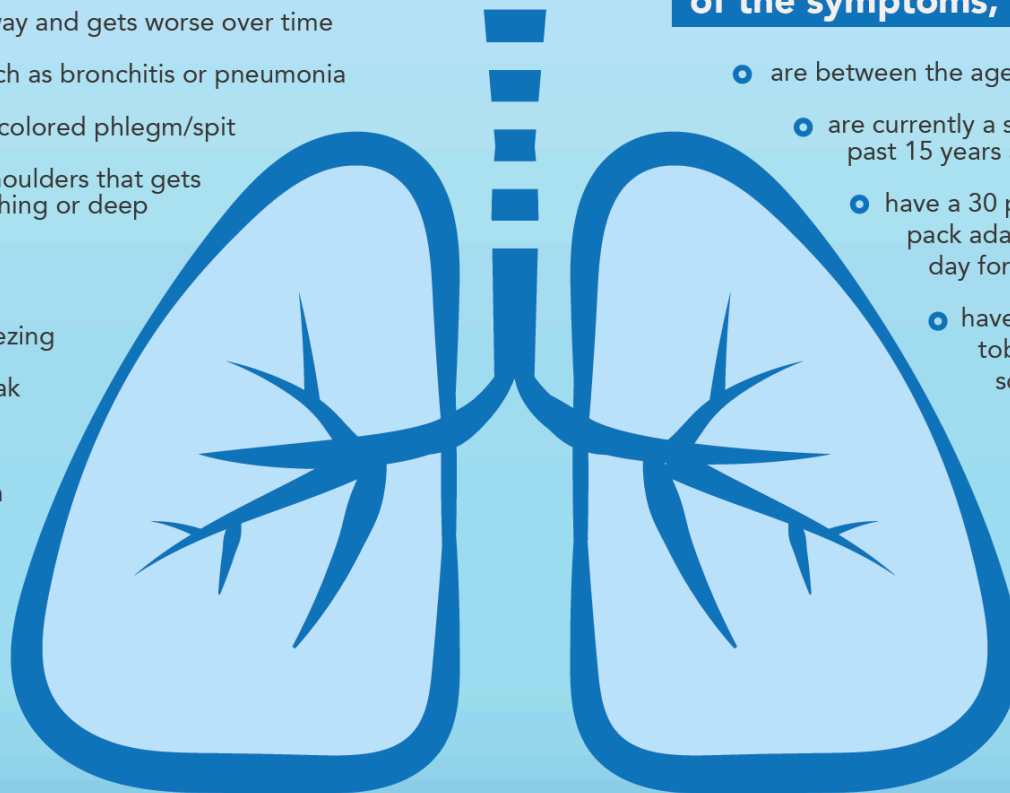


★ LUNGS ARE IMPORTANT. ★ NIYÁ IS SACRED.

Know the signs and symptoms of lung cancer.

Signs & Symptoms:

- A cough that doesn't go away and gets worse over time
- Frequent lung infections such as bronchitis or pneumonia
- Coughing up blood or rust-colored phlegm/spit
- Pain in the chest, back or shoulders that gets worse when coughing, laughing or deep breathing
- Hoarseness
- Shortness of breath or wheezing
- Fatigue, feeling tired or weak
- Swelling of the face or neck
- Difficulty swallowing or pain while swallowing
- Other symptoms include: weight loss, loss of appetite, headaches, bone pain or fractures, blood clots, jaundice, lumps on collarbone or neck region, changes in the appearance of fingers, called finger clubbing



Get screened yearly if you have any of the symptoms, but especially if you:

- are between the ages of 55-80 years old and
- are currently a smoker or quit smoking in the past 15 years and
- have a 30 pack-year smoking history (a pack a day for 30 years or two packs a day for 15 years) and
- have discussed quitting commercial tobacco and/or lung cancer screening with your doctor

*The full translation in Dakota of "breathing is sacred" is oniyá wakhán, which means the "sacred breath of life."