

# \* LUNGS ARE IMPORTANT. \* IS SACRED.

(Fill in with your tribe's word for "breathing")

## 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

