

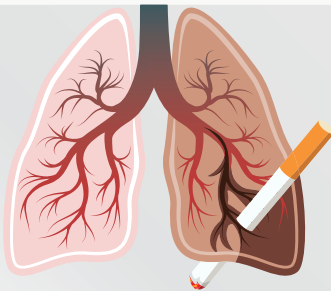
World Lung Cancer Day



Let's work together for a 'smoke' free society!

Lung Cancer kills more than 1.7 million people each year across the world, yet with proper prevention and accessible treatment, these numbers can be reduced. In India, estimated numbers for 2020 were 72,000 new cases.

The ongoing coronavirus pandemic is marked by severe respiratory symptoms. Patients with lung cancer are at higher risk for COVID-19, and it is important to understand the reason to address this additional risk for patients and individuals to contemplate action to prevent Lung Cancer!

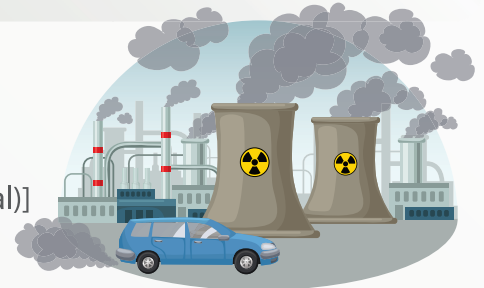


Smoking is the **primary cause** of lung cancer, and the risk of developing it increases, depending on how many cigarettes, and for how long a person smokes, as well as the length of exposure to **passive smoking**.

If you are a 'Vaper', do not assume you are 'safe.'

Other risk factors associated with Lung Cancer:

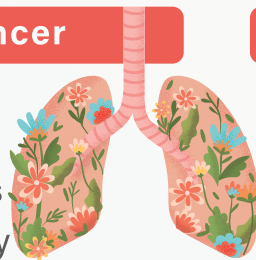
- Outdoor air pollution
- Indoor air pollution [stoves, fireplaces, heaters (especially using coal)]
- Chemical compounds such as asbestos and radon



Keeping safe from Lung Cancer

Individual Level

- Refraining from smoking and actively avoiding smoking zones
- Safer cooking options, especially in rural areas and temporary habitations



Community Level

- Lobbying for implementation of stricter control measures for smoking in public areas
- Regular vehicle maintenance (PUC)
- Preference for electric vehicles
- Seeking better public transportation options

Adopt a healthy lifestyle

- Eat a healthy and varied diet
- Eat local, Eat slow
- Regular physical activity
- Avoid alcohol
- Give up tobacco
- De-stress

