

LUNG CANCER IN ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER COMMUNITIES

Cancer is the leading cause of death among Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) living in the United States, accounting for 27.2% of all deaths.^{[1][2]}

Lung cancer is the most common cancer for both AANHPI men and women.

AANHPI LUNG CANCER STATISTICS

Males^[3]

Highest incidence rates on AANHPI males

- Samoan: 98.9/100,000
- Native Hawaiian: 72.1/100,000
- Non-Hispanic White: 71.2/100,000

For Asian Americans, Filipino, Laotian, and Vietnamese men have the highest rates of lung cancer related deaths.

Females^[4]

Highest incidence rates on AANHPI females

- Native Hawaiian: 44.0/100,000
- Samoan: 41.8/100,00

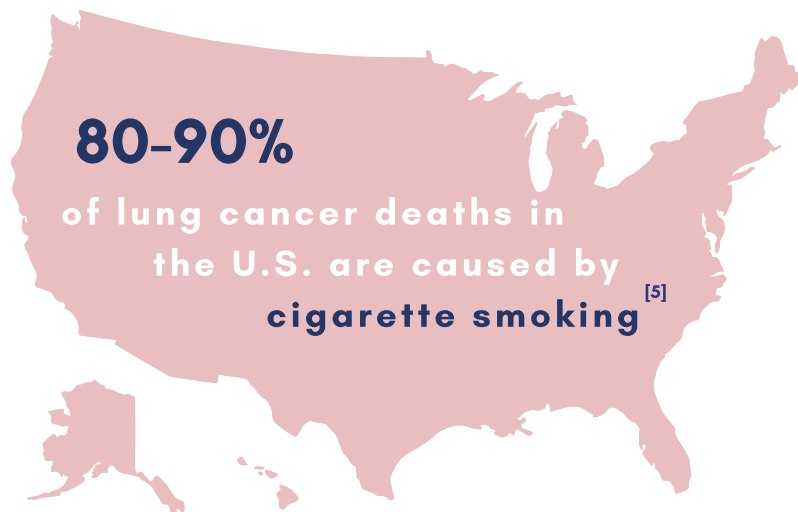
For Asian Americans, Filipina, Japanese, and Vietnamese women have the highest rates of lung cancer related deaths.

LUNG CANCER SCREENING

Annual screening for lung cancer with low-dose computed tomography (LDCT) is recommended in adults aged 55 - 80 years who have a history of smoking 1 pack a day for 30 years or 2 packs a day for 15 years and currently smoke or quit within the last 15 years.^[6]



Early detection may help treatment work better. Since the LDCT involves exposure to a low-dose of radiation, patients should speak with their doctors about risks.



Not smoking tobacco or quitting smoking and eliminating exposure to secondhand smoke reduce the likelihood of lung cancer.



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SYMPTOMS

Sign and symptoms do not usually appear for lung cancer in its earliest stages, but typically occur when the disease is advanced.

Signs and symptoms may include:^[7]

- A new cough that doesn't go away
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Hoarseness
- Losing weight without trying
- Bone pain
- Headache

HOW DOCTORS CAN HELP

Doctors can play an important role in helping to reduce lung cancer. Here are some ways they can help:^[6]

Screen patients for tobacco use.

Encourage those who use tobacco to quit and offer help. A doctor's advice to quit can be a strong motivator for patients who want to quit.

Talk with cancer survivors about the risks of tobacco use after a cancer diagnosis. Include tobacco treatment as part of a survivorship plan when indicated.

For free in-language (Chinese, Vietnamese, and Korean) smoking cessation services, visit www.asiansmokersquitline.org.

For English-speakers, call 1-800-QUIT-NOW (1-800-784-8669).



HOW COMMUNITIES CAN HELP

State and local communities can play an important role in helping people reduce their risk for lung cancer by using evidence-based approaches to:^[9]

- Reduce youth access to tobacco products
- Help people quit using tobacco products
- Help people avoid secondhand smoke exposure
- Reduce exposure to radon
- Encourage people to be screened for lung cancer as recommended



SOURCES

[1] Torre, L.A.; Golding Sauer, A.M.; Chen, M.S.; Kagawa-Singer, M.; Jemal, A.; and Siegel, R.L. Cancer Statistics for Asian Americans, Native Hawaiians, and Pacific Islanders, 2016: Converging Incidence in Males and Females. *CA Cancer J Clin* 2016;66:182-202. American Cancer Society.

[2] Data is from A customized database from the SEER 11 registries <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5325676/> [3-4] Ibid

[5] CDC website site. https://www.cdc.gov/cancer/lung/basic_info/prevention.htm Accessed 26 June 2019.

[6] USPSTF website. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/Lung-cancer-screening> Accessed 26 June 2019.

[7] Mayo Clinic website. <https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620> Accessed 26 June 2019

[8] CDC website. <https://www.cdc.gov/cancer/lung/health-care-providers/>. Accessed 26 June 2019

[9] CDC website. <https://www.cdc.gov/cancer/lung/communities.htm>. Accessed 26 June 2019

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