

Know the signs of lung cancer

Radon is the second largest cause of lung cancer deaths in the U.S. behind smoking, and the largest among non-smokers. Long-term exposure to elevated radon levels puts you at risk for lung cancer, so it's extremely important to have your home tested. It is also important – especially for non-smokers – to know the warning signs for lung cancer if one has lived in a home for a long period of time without knowing the radon levels. Here are some major things to watch out for:

- A stubborn cough that won't subside – especially lasting eight weeks or more.
- Chest pain, especially when it lingers and/or worsens with deep breathing or coughing.
- Wheezing, shortness of breath or other breathing problems.
- Coughing up blood.
- Feeling weak or tired.
- Recurring infections, especially in airways.
- Irregular breast growth in men.
- Unexplained weight loss.
- Pain or fatigue in hands and fingers.
- Aches and pains in the shoulder, inner arm, hands and rib cage area.
- Jaundice (yellowing skin and eyes).
- Depression or mood changes.

While these signs, on their own, may have other causes or explanations, it is a good thing to monitor your health if you believe you may have been exposed to radon for an extended period of time. Speak with your physician if you have questions or believe you may be exhibiting warnings signs for lung cancer.