What is Lung cancer?
• Lung cancer is the abnormal growth of cells in one or both lungs.
• It is the second most common cancer in men and women, after prostate and breast, respectively.
• Lung cancer causes more deaths than any other cancer site.

Lung Cancer has four major subtypes
- Squamous cell carcinoma (31%)
- Small cell lung cancer (15%)
- Large cell carcinoma (10%)
- Adenocarcinoma (40%)

What are the risk factors?
- Smoking/tobacco
- Passive smoking
- Asbestos
- Radon gas
- Air pollution
- Family history/genetics
- Other lung diseases (e.g. tuberculosis, COPD)
- Occupation (e.g. miners, heavy metal workers)

Tobacco smoking cessation reduces lung cancer risk in all populations
- Lung cancer risk reduction can be observed in just <1 year of quitting smoking.
- After >20 years of smoking cessation, lung cancer risk can be reduced by >10-fold.
- The racial/ethnic differences in risk found in current smokers is dramatically reduced after >20 years of quitting.

In the MEC, smoking internal dose, per cigarette, differs by race/ethnicity
- African Americans have the highest dose per cigarette.
- Native Hawaiians have a low dose per cigarette; however, remain at high risk of disease.

Lung cancer risk differs across populations, independent of smoking

What can I do?
Prevention:
- Do not use tobacco.
- If you currently smoke, quit smoking
  - 1-800-QUIT-NOW
  - https://hawaiiquitline.org

Screening:
- If you are 55 to 80 years with a 30 pack-year smoking history and currently smoke or have quit within the past 15 years, get screened annually with low-dose computed tomography scans.
- Screening facilities are available at:
  - Hawaii Pacific Health
  - Kaiser Permanente Hawaii
  - Queens Hospital

We thank the MEC study participants for their time and dedication.
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