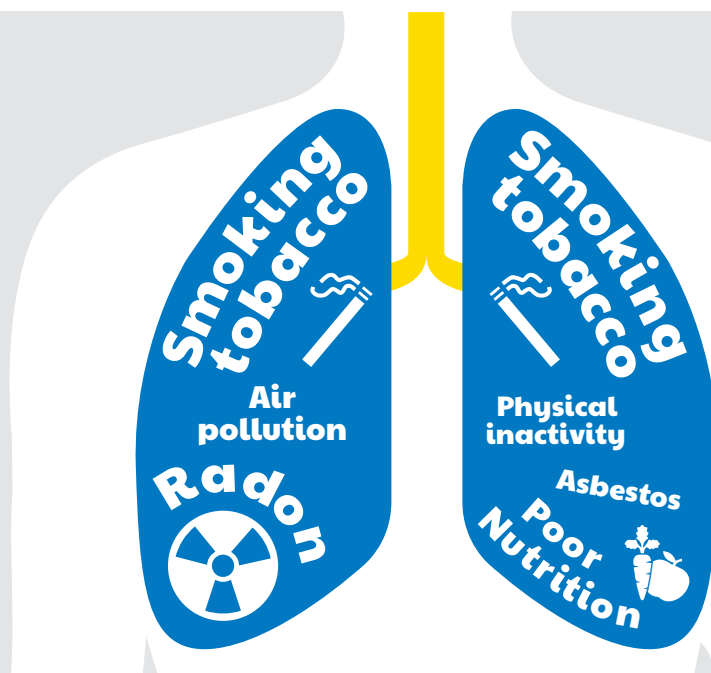


# Reduce your risk of lung cancer

Lung cancer is the most commonly diagnosed cancer in Canada. It is the leading cause of death from cancer for both men and women in Canada.

People who smoke have the highest risk of getting lung cancer, and exposure to radon increases that risk. Radon is a radioactive gas found naturally in the environment. The combination of radon and smoking tobacco is particularly dangerous.

Learn more at [takeactiononradon.ca](http://takeactiononradon.ca).



## Radon + smoking tobacco = dangerous combination

### Quit or reduce tobacco

Smoking tobacco is the #1 modifiable risk for lung cancer

### What you can do

### Test for and reduce radon

After smoking tobacco, radon is one of the leading modifiable risks for lung cancer

## Steps to quit smoking

- 1 Make a **quit plan**
- 2 Get guidance from a quit coach:
  - 📞 Call 1-866-366-3667
  - 📱 Text 'iQuit' to 123456
  - 💬 Chat go to [smokershelpline.ca](http://smokershelpline.ca)
- 3 Investigate **quit aids** with a health professional
- 4 Select a **quit date**
- 5 **Inform** family and friends
- 6 Think about situations that you connect with smoking such as drinking coffee, driving or drinking alcohol and **come up with temporary alternatives** such as replacing coffee with juice or foregoing alcohol for a little while.



## Steps to take action on radon

- 1 Test for radon
- 2 Evaluate radon levels (guideline is 200 Bq/m<sup>3</sup>)
- 3 Determine necessary actions and timeline
- 4 Find a certified mitigation professional
- 5 Spread radon awareness – tell others



**smokers' helpline**

1-877-513-5333 [smokershelpline.ca](http://smokershelpline.ca)



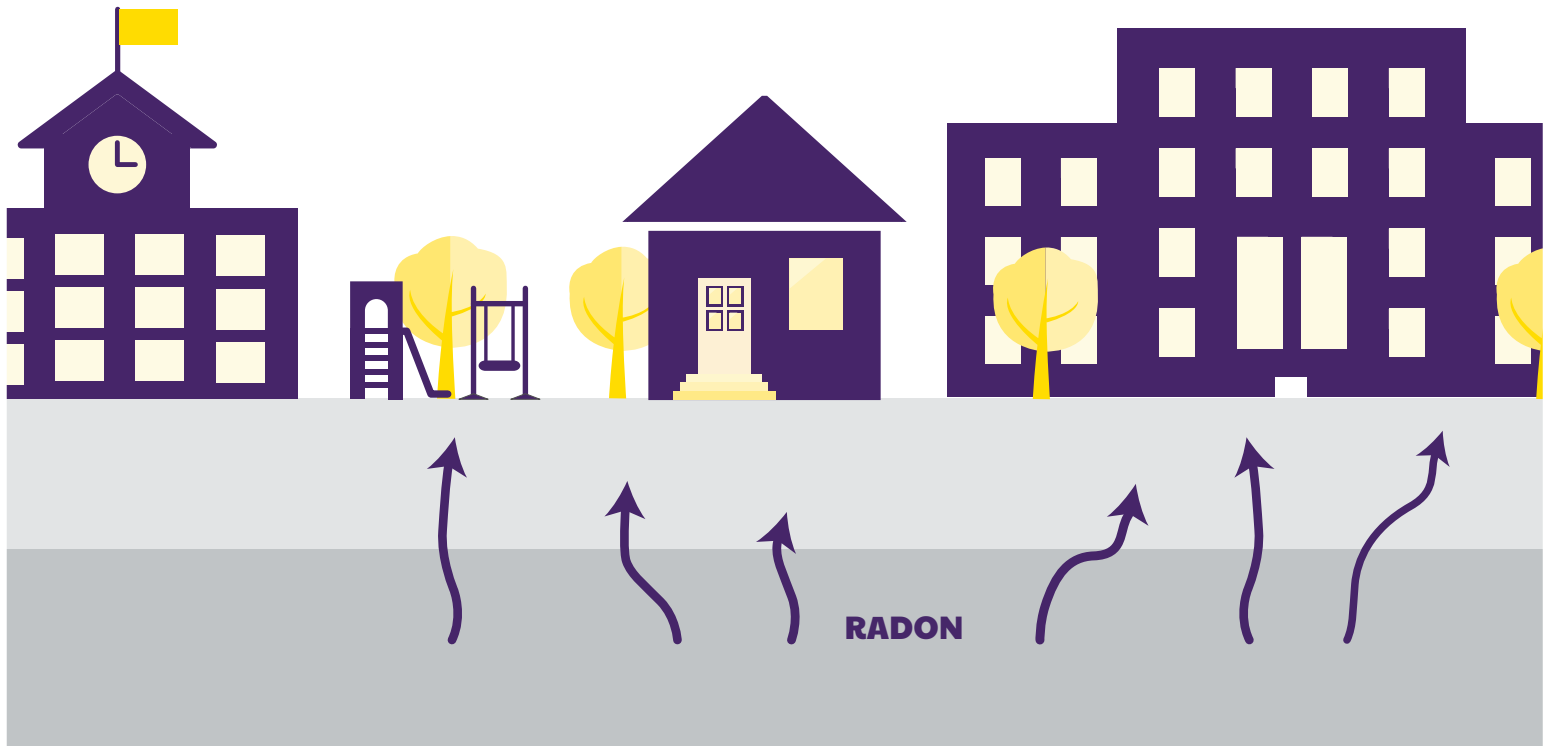
Canadian Cancer Society  
Société canadienne du cancer

TAKE  
**ACTION**  
ON **RADON**

# Why you should pay attention to **radon** levels in your home

Radon increases the risk of lung cancer for people who smoke.  
The higher the radon levels, the greater the chance a person who smokes will develop lung cancer.

Radon affects everyone living in your household.  
If you have high levels of radon, it's important to **take action today.**



**takeactiononradon.ca**