

27th ARKANSAS CANCER SUMMIT

# FROM VISION TO VICTORY:

ADVANCING THE GOALS *of the* ARKANSAS CANCER PLAN

WEDNESDAY  
**MARCH 11**  
**2026**

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PROGRAM BOOKLET



  
Arkansas Cancer Coalition

# WELCOME

## to the 27th Arkansas Cancer Summit!



Trena Mitchell, MA, CNP

### Dear Summit Participants,

The Arkansas Cancer Coalition is proud to present the 27th Arkansas Cancer Summit, held in conjunction with the 23rd Clearing the Air in Communities of Color Conference, taking place virtually via Zoom on March 10–11, 2026. This year's convening is guided by the theme:

From Vision to Victory: Advancing the Goals of the Arkansas Cancer Plan

This two-day event brings together public health professionals, healthcare providers, community leaders, advocates, researchers, policymakers, and partners from across the state who are committed to reducing the burden of cancer and tobacco-related disease in Arkansas.

On Tuesday, March 10, 2026, the 23rd Clearing the Air in Communities of Color Conference will focus on tobacco prevention and control, with particular attention to addressing disparities that disproportionately impact communities of color. Participants will explore culturally responsive strategies, community-driven solutions, and policy approaches while engaging with the most recent tobacco control data and promising practices from across the state.

On Wednesday, March 11, 2026, the 27th Arkansas Cancer Summit will highlight efforts across the cancer continuum—from prevention and early detection to treatment, survivorship, and palliative care. A key feature of this year's summit is the debut of the new Arkansas Cancer Plan, which will be introduced and explored through dedicated breakout sessions. These sessions will provide attendees with an opportunity to learn about the plan's priorities, goals, and strategies, and to discuss how they can be implemented at the state, regional, and community levels.

Throughout both days, participants are encouraged to actively engage, ask questions, share insights, and build meaningful relationships while learning about the latest cancer and tobacco control data. By fostering collaboration and dialogue, we aim to move from vision to action—and ultimately to victory—in improving health outcomes for all Arkansans.

We thank you for joining us and for your continued commitment to cancer prevention, control, and health equity. Together, we can advance the goals of the Arkansas Cancer Plan and strengthen the collective impact of our work across the state.

*Trena Mitchell*

Trena Mitchell, MA, CNP  
Executive Director  
Arkansas Cancer Coalition

9:00a.m. - 9:10 a.m.	<p><b>WELCOME REMARKS</b></p> <p><b>ACC Updates, ACC Awards, Board of Directors Installation</b> Trena Mitchell, Executive Director, Arkansas Cancer Coalition <i>Summit Facilitator: Jennifer Redmond Knight, DrPH</i></p>
9:10 a.m. - 9:25 a.m.	<p><b>SURVIVOR STORY</b></p> <p><b>The Cancer Journey: From Survivor to Thrive</b> Belinda Joshaway, Executive Director, Hughes Christian Outreach</p>
9:30 a.m. - 10:30 a.m.	<p><b>BREAK OUT SESSIONS 1: (Select One)</b></p>
A	<p><b>PREVENTION</b> Dr. Jaimi Allen, UAMS</p>
B	<p><b>BREAST CANCER</b> Amanda Hunter, ADH</p>
C	<p><b>CERVICAL CANCER</b> Heather Mercer, Immunize AR</p>
D	<p><b>COLORECTAL CANCER</b> Stacey George, AFMC</p>
E	<p><b>LUNG CANCER</b> Dr. Matthew Steliga, UAMS</p>
F	<p><b>PROSTATE CANCER</b> Chris Collier, AR Prostate Cancer Foundation</p>

10:30 a.m. - 10:45 a.m.	<b>BREAK</b>
10:45 a.m. - 11:45 a.m.	<p><b>KEYNOTE PRESENTATION</b></p> <p><b>The Show Must Go On: Beyond A Prostate Cancer Diagnosis</b> Billy St. James, Program Director, Cumulus Media</p>
11:45 a.m. - 12:00 p.m.	<b>LUNCH BREAK</b>
12:00 p.m. - 12:45 p.m.	<p><b>AN UPDATE ON HEALTH CARE POLICIES &amp; THEIR IMPACT ON ARKANSAS</b> Craig Wilson, Interim President &amp; CEO, ACHI</p>
12:45 p.m. - 1:30 p.m.	<p><b>FOOD INSECURITY AMONG CANCER PATIENTS</b> Dr. Pete DelNero, Assistant Professor, UAMS</p>
1:30 p.m. - 2:00 p.m.	<p><b>DEBRIEF FROM ARKANSAS CANCER PLAN BREAKOUT SESSIONS</b> Dr. Jennifer Redmond-Knight, Summit Facilitator</p>
2:00 p.m. - 2:30 p.m.	<p><b>EVALUATION, DOOR PRIZES AND WRAP UP</b> Trena Mitchell, Executive Director, Arkansas Cancer Coalition</p>

## ACC Board of Directors

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AR Prostate Cancer Foundation

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AFMC

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**Ruthie Johnson**  
University of Arkansas at Pine Bluff

**Lindsay Collins**  
Arkansas Department of Health

**Dr. Marian Evans**  
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**Misty Smith**  
Arkansas Department of Health

**Chelsey Davis**  
White River Medical Center

**Jennifer Edwards**  
Willis Knighton Cancer Center

## Session Objectives

### **SURVIVOR STORY | THE CANCER JOURNEY: FROM SURVIVOR TO THRIVER**

**Belinda Joshaway, Executive Director, Hughes Christian Outreach**

1. **Define** cancer survivorship and describe its phases (from diagnosis through post-treatment and long-term survival), emphasizing physical, psychosocial, and practical challenges faced by survivors.
2. **Identify** common long-term and late effects of cancer and its treatments (e.g., fatigue, cognitive changes, financial toxicity) and discuss evidence-based strategies for monitoring and management.
3. **Explain** the role of survivorship care planning, including coordination between oncology and primary care, health promotion, and follow-up care to improve quality of life and outcomes.

### **ARKANSAS CANCER PLAN BREAK OUT SESSIONS**

**Dr. Jaimi Allen, UAMS, Amanda Hunter, ADH, Heather Mercer, Immunize AR, Stacey George, AFMC, Dr. Matthew Steliga, UAMS, Chris Collier, AR Prostate Cancer Foundation**

1. **Explain** the purpose and evidence behind breast cancer screening methods. Participants will understand how screening tools like mammography and other imaging tests help detect breast cancer early and improve outcomes.
2. **Review** current clinical guidelines and recommendations for screening. Participants will learn key guideline recommendations for when and how often average-risk women should undergo breast cancer screening.
3. **Identify** barriers and strategies to increase equitable participation in screening. Participants will recognize social, cultural, and health system factors that affect screening uptake and explore ways to improve access and follow-up care.

### **KEYNOTE PRESENTATION | THE SHOW MUST GO ON: BEYOND A PROSTATE CANCER DIAGNOSIS**

**Billy St. James, Program Director, Cumulus Media**

1. **Define** cancer survivorship and describe its phases (from diagnosis through post-treatment and long-term survival), emphasizing physical, psychosocial, and practical challenges faced by survivors.
2. **Identify** common long-term and late effects of cancer and its treatments (e.g., fatigue, cognitive changes, financial toxicity) and discuss evidence-based strategies for monitoring and management.
3. **Explain** the role of survivorship care planning, including coordination between oncology and primary care, health promotion, and follow-up care to improve quality of life and outcomes.

# Session Objectives

## AN UPDATE ON HEALTH CARE POLICIES & THEIR IMPACT ON ARKANSAS

**Craig Wilson, Interim President & CEO, ACHI**

1. **Describe** the current structure of Arkansas's Medicaid expansion (ARHOME), including how it uses Medicaid funds to purchase private coverage and the populations it serves.
2. **Analyze** recent and proposed ARHOME Section 1115 waiver changes (e.g., "Pathway to Prosperity") and discuss potential implications for coverage, access, and compliance requirements.
3. **Summarize** key Arkansas policy areas shaping access to care—such as telemedicine practice requirements—and relate them to broader state health system goals.

## FOOD INSECURITY AMONG CANCER PATIENTS

**Dr. Pete DelNero, Assistant Professor, UAMS**

1. **Define** food insecurity and summarize why cancer diagnosis/treatment can increase risk (e.g., financial toxicity, reduced work capacity, competing household costs).
2. **Interpret** reported prevalence ranges of food insecurity among people with cancer/cancer survivors across clinical and community settings.
3. **Evaluate** how food insecurity relates to cancer outcomes (e.g., treatment adherence, quality of life, and mortality) and identify evidence-informed clinical responses such as screening and referral/intervention pathways.

## DEBRIEF FROM ARKANSAS CANCER PLAN BREAKOUT SESSIONS

**Dr. Jennifer Redmond-Knight, Summit**

1. **Reflect on Key Takeaways and Insights.** Participants will identify and discuss the most important information, perspectives, or themes that emerged during the cancer discussion, including any new learnings or points of clarity.
2. **Address Questions, Concerns, and Emotional Responses.** Participants will have an opportunity to voice remaining questions, concerns, or emotional reactions, helping to ensure understanding, support, and psychological safety after the discussion.
3. **Identify Opportunities for Improvement and Next Steps.** Participants will provide feedback on the discussion and collaboratively identify actionable next steps, resources needed, or strategies to strengthen future cancer education, outreach, or decision-making efforts.

# SPEAKERS & FACILITATORS



## TRENA MITCHELL

Trena Mitchell is the Executive Director of the Arkansas Cancer Coalition. She began her journey in Public Health as a Program Analyst for the Arkansas Department of Health in 2007. Since then, she has had many opportunities to expand her knowledge and skills in data management, program evaluation and community philanthropy. Trena earned a Bachelor of Arts in Mass Communication from the University of Arkansas at Pine Bluff and a Master's in Marketing from Webster University. In addition, she is certified in Program Evaluation and Decision Support Systems.



## BELINDA JOSHAWAY

Belinda Joshaway is the Executive Director of Hughes Christian Outreach Ministry (also known as the Hughes Food Pantry) located in Hughes, Arkansas. Her recent work and leadership roles include: Community Support: She manages a food pantry that serves over 253 families in the Hughes area, nearly tripling the impact of the ministry since she began. 2025 Awardee: In December 2025, she was named a recipient of the 2025 Shirley Chisholm Black Femme Leader Wellness Sistership by The Chisholm Legacy Project, recognizing her "fearless advocacy" and commitment to service despite funding cuts. Health Advocacy: She serves as a steering committee member for the Compass Community-Led Health Team (CCLHT) and is a community partner with the Arkansas Cancer Coalition, where she participates in regional health initiatives and quarterly panels. Local Roots: A graduate of Hughes High School, she is a lifelong resident of Hughes, Arkansas, and is also active with Faith in God Ministries (FIG).



## DR. JAIMI ALLEN

Jaimi "Mimi" L. Allen, PhD, CHES, is an instructor in epidemiology at the University of Arkansas for Medical Sciences in the College of Public Health. Her research focuses on health disparities, cancer survivorship, health behaviors, and employment outcomes. An Arkansas native, Dr. Allen grew up in a small, rural town. After seeing firsthand the impact rurality and associated factors could have on the health and economy of a community, she decided to pursue an educational field where she could truly make an impact on the health of those around her, especially those with limited resources. She received a Bachelor of Science in Health Education and a Master of Science in Health Sciences from the University of Central Arkansas. She then earned a Doctor of Philosophy with an emphasis on Population Health from Texas Woman's University and completed a postdoctoral position at the University of Arkansas for Medical Sciences focusing on cancer disparities and employment outcomes.



## AMANDA HUNTER

Amanda Hunter, BSN, RN is a graduate from UAMS College of Nursing with a background in Women's Health, Oncology, and Case Management. Amanda is the Program Nurse Coordinator for the Arkansas BreastCare program. In this position, Amanda provides health education to the community about the program and helps decrease barriers to access cancer screening.

## SPEAKERS & FACILITATORS



### HEATHER MERCER

Heather Mercer serves as the Executive Director of Immunize Arkansas, the state's immunization coalition. Immunize Arkansas is a nonprofit organization committed to increasing vaccination rates across the state through education, advocacy, and strategic partnerships. Since joining the organization in 2017, Heather has led the coalition's transformation into a nationally recognized leader in immunization efforts, driven in part by its collaborative and impactful workgroups. Heather holds a bachelor's degree in marketing and communications from the University of Central Arkansas and has more than a decade of experience in the pharmaceutical industry, with a strong focus on immunizations and preventive medicine.



### STACEY GEORGE

Ms. George is a dedicated healthcare professional with over 21 years of experience. She holds a Master of Science in Nursing from Arkansas State University and has extensive experience in case management, clinical supervision, and practice transformation. As a supervisor at the Arkansas Foundation for Medical Care, she provides coaching on primary care practices on quality improvement and health screening initiatives. Previously serving as a Family Nurse Practitioner since 2007 she is a Board-Certified Nurse Practitioner. She is also a Patient Centered Medical Home Certified Content Expert and a Certified Dementia Practitioner with a strong background in pediatric care and collaborative practice.



### DR. MATTHEW STELIGA

Dr. Steliga specializes in thoracic oncology with an emphasis on lung cancer, esophageal cancer and other tumors of the chest and is experienced in minimally invasive thoracic surgery. He previously served as an instructor in the Department of Thoracic and Cardiovascular Surgery at M. D. Anderson Cancer Center in Houston.

A graduate of the Medical College of Wisconsin in Milwaukee, Steliga completed his internship and residency in general surgery at the University of Tennessee Health Sciences Center in Memphis, Tenn. He also served as a resident in cardiothoracic surgery at the Texas Heart Institute in Houston.

He is board certified by both the American Board of Surgery and the American Board of Thoracic Surgery, an associate fellow of the American College of Surgeons, a member of the International Society for Minimally Invasive Cardiothoracic Surgery and a member of the Society of Thoracic Surgeons.



### CHRIS COLLIER

Chris Collier joined the Arkansas Prostate Cancer Foundation (APCF) in February 2019 as Executive Director, bringing over thirty years of experience in business, education, and nonprofit leadership to the position. He has served on and chaired numerous nonprofit boards throughout central Arkansas. Professionally, he most recently served as the Director of Organizational Development for Arkansas Teacher Corps, a non-profit arm of the College of Education and Health Professions at the University of Arkansas, Fayetteville.

## SPEAKERS & FACILITATORS



### BILLY ST. JAMES

Billy St. James is a seasoned veteran radio host, multimedia producer, program director and marketing specialist.

Billy holds a bachelor's degree in communications with an emphasis on broadcasting from the University Of Central Arkansas in Conway. He has also taught radio and television at the University Of Arkansas at Pine Bluff.

St. James' career has given him media experience at broadcast facilities throughout the mid-south. Station call letters include KOKY, WHRK, KIPR, KZLR, KWTD and KCAJ, just to name a few.

Billy is active in the community through charitable organizations like Watershed, Inc., Muscular Dystrophy, the American Heart Association, United Negro College Fund and Arkansas Children's Hospital.

St. James has been featured in publications such as Radio & Records, the Arkansas Democrat Gazette and Spirit Magazine.

He is a devoted deacon and trustee at Greater Trinity Church of God in Christ. Billy is also a devoted family man celebrating over 32 years with his wife, Gloria. They have no biological children, but they do have a host of nieces and nephews, giving them vast experience in child rearing.



### CRAIG WILSON

Craig Wilson, JD, MPA, is the president and CEO of the Arkansas Center for Health Improvement (ACHI), a nonpartisan, independent health policy organization that serves as a catalyst to improve the health of Arkansans.

Wilson's work has included leading healthcare workforce strategic planning efforts to improve sufficient access to care for Arkansans statewide, resulting in the publication of the Arkansas Health Workforce Strategic Plan: A Roadmap to Change and a subsequent detailed analytical report entitled, Arkansas Health Care Workforce: A Guide for Policy Action. His work with private and public payers in Arkansas to obtain a consensus on an approach to patient-centered medical home development, including aligned quality measurement, led to Arkansas being selected by the Centers for Medicare and Medicaid Services Innovation Center as one of seven markets to participate in the Comprehensive Primary Care Initiative.

Wilson has also worked with the Arkansas Insurance Department in the development of policies for the Health Insurance Marketplace, with a particular focus on aligning quality measurement and reinforcing ongoing quality initiatives in the state. Additionally, he influenced the development of the Arkansas Healthcare Transparency Initiative, a unified source for healthcare data that has supported numerous research projects and healthcare policy decisions.

Articles and guest columns authored or co-authored by Wilson on health policy issues have been published in numerous state and national periodicals. He also hosts ACHI's podcast, *Wonks at Work*, which seeks to demystify complex healthcare topics for listeners and has welcomed dozens of experts as guests since 2020.

Wilson is a graduate of Lyon College in Batesville, Arkansas. He is an attorney licensed to practice in Arkansas, having earned his Juris Doctorate from Georgia State University College of Law and a Master of Public Administration degree from Georgia State University Andrew Young School of Policy Studies in Atlanta.

## SPEAKERS & FACILITATORS



### DR. PETE NELNERO

Dr. DelNero is an assistant professor with the Division of Community Health and Research in the Department of Internal Medicine at the University of Arkansas for Medical Sciences (UAMS). His research involves implementation science, community engagement and biomedical engineering.

DelNero studies the connection between the Cancer Institute and the catchment area. The 'catchment area' refers to the geographic area that UAMS serves in its research, treatment and outreach. The catchment area provides a geographic scope to monitor cancer trends, identify pronounced disparities and enact cancer control strategies. Information about the catchment area can improve the implementation of evidence-based programs to reduce the burden of cancer. A better understanding of the catchment area ensures that all segments of the population benefit from advances in cancer prevention, early detection, treatment and survivorship care.

DelNero also studies the relationship between blood vessels and cancer metabolism. He developed "tumor-on-a-chip" devices to investigate tissue perfusion and cell energy status. His research contributed to new strategies to predict whether patients are likely to benefit from drugs that target specific metabolic pathways.



### JENNIFER REDMOND KNIGHT, DrPH

Dr. Knight is a facilitator and public health professional who helps leaders responsible for coalitions, nonprofits and teams figure out how to get people to work better together so that they can make a greater impact together than they could on their own. Dr. Knight is also an Assistant Professor at the University of Kentucky College of Public Health and a member of the University of Kentucky Markey Cancer Center Cancer Control Program. She has been involved in public health leadership and cancer prevention and control since 2003 when she worked for the Kentucky Cancer Program, an academic and community-based organization.



# AWARDS

### ACC DR. DAVID BOURNE LEADING LIGHT AWARD:

Dr. David Bourne was a leader in public health advocacy within the state of Arkansas. He was tireless in promoting public policy that limited public use of tobacco, and he successfully promoted the cause of allocating all tobacco settlement funds to health promotion and disease prevention programs. He was an advocate on a large scale, positively influencing tobacco related public policy, and was also a care provider for veterans in his capacity as a physician at the Central Arkansas Veteran's Healthcare System.

### ACC DR. FAY BOOZMAN LEADING LIGHT AWARD:

Dr. Fay Boozman, an ophthalmologist, directed the Arkansas Department of Health from 1999-2005. He served in the Arkansas Senate and ran for the United States Senate in 1998. He founded and operated a successful medical clinic in Rogers, Arkansas. Dr. Boozman was a leader in his church and community. All who knew him recognized his commitment to Jesus Christ and his desire to serve others.

### ACC LOUISE F. SCOTT ACC OUTSTANDING PARTNER AWARD:

Over the years, the Arkansas Cancer Coalition's member organizations have demonstrated excellence in their commitment to advancing the goals and objectives of the Arkansas Cancer Plan. ACC recognizes that it takes a unique level of passion, interest and commitment to embark on a task as arduous as reducing the burden of cancer within the state.

# THANK YOU TO OUR GENEROUS SUPPORTERS



## YOUR VOICE HAS THE POWER TO CHANGE LIVES

**Not just any kind of change:** one that can help us learn how to improve the health of Black women for generations to come. Today, VOICES of Black Women, a groundbreaking initiative led by the American Cancer Society, is calling on Black women from all walks of life to join the movement.

The American Cancer Society has long been committed to exploring the health challenges of communities across the country. VOICES is intentionally created with Black women at its center, helping us better understand conditions like cancer and learn how to improve health outcomes for generations to come.

With the enrollment of at least 100,000 women over the next few years, this goal is achieved as a collective. This isn't just a study; it's a collective commitment to understanding and improving the health of Black women across the nation. **And that change starts with you.**

### WHO CAN JOIN?

We are looking for the unique perspectives of Black women age 25-55 with no history of cancer (except basal or squamous skin cancer), who are living in the United States.

### WHY SHOULD I JOIN?

Your voice can change lives. By taking part in our online surveys, you become an essential part of a movement dedicated to shaping a healthier future for Black women. The researchers at the American Cancer Society are all ears, listening to your experiences and insights.

### WHAT IS INVOLVED?

It's as simple as joining us on the private VOICES website. The first survey takes about an hour, followed by brief check-ins at least twice a year.

### ENROLL TODAY

and make your voice heard for the good of Black Women.



Learn more at [voices.cancer.org](https://voices.cancer.org)

# BreastCare



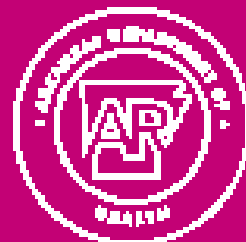
## Screening Saves Lives

Cervical Cancer Screening Starts at Age 21

Breast Cancer Screening Starts at Age 40

BreastCare helps eligible Arkansas women get screenings for breast and cervical cancer at no cost. Screening saves lives because cancer found in early stages is often easier to treat.

How can you enroll? Call 1-833-693-2942 or visit [ARBreastCare.com](http://ARBreastCare.com).



## Colorectal Cancer Screening Saves Lives



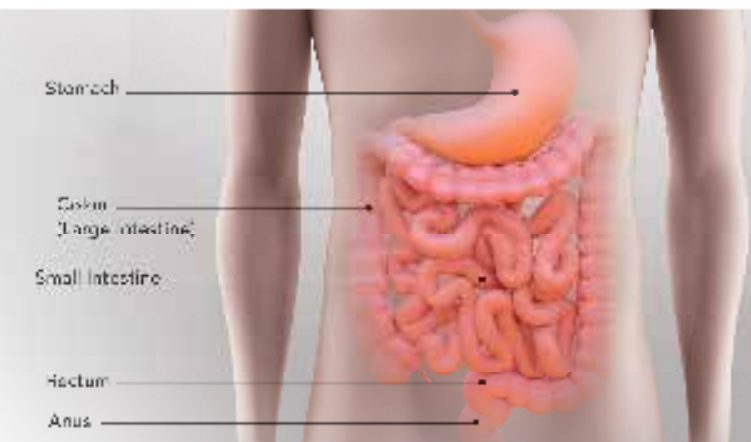
Colorectal cancer is a leading cancer killer - but most cases can be prevented with routine screening tests.

### Screening Saves Lives

Colorectal cancer is a leading cancer in the U.S. - but it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives!

### What Is Colorectal Cancer?

Cancer is a disease in which cells in the body grow out of control. Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.



If you're 45 or older, getting a colorectal cancer screening test could save your life.

#### Here's How:

- ▶ Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer.
- ▶ Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

### Who Gets Colorectal Cancer?

Colorectal cancer occurs most often in adults who are 45 years old or older, and the risk increases with age. If you are 45 or older, talk to your health care provider about getting screened.

#### You May Be at Increased Risk If:

- ▶ You or a close relative have had colorectal polyps or colorectal cancer.
- ▶ You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- ▶ You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

# Lung Cancer Fact Sheet

## for Patients and Caregivers



Lung cancer is the second most common cancer and the leading cause of cancer death in the US. There are different kinds of lung cancer. The two most common types are non-small cell lung cancer (NSCLC) and small cell lung cancer (SCLC).

### Risk Factors

Smoking tobacco continues to be the leading cause of lung cancer. This includes cigarettes, cigars, and pipes. Low-tar and “light” cigarettes increase the risk of lung cancer as much as regular cigarettes.

But not all people who get lung cancer smoke now or did so in the past. In fact, some people who get lung cancer never smoked. There are other risk factors for getting lung cancer.

Some risk factors for lung cancer can be changed. These include smoking tobacco, breathing in secondhand smoke from other people who use tobacco, or being exposed to cancer-causing chemicals like radon and asbestos.

Other risk factors can't be changed. These include personal or family history, having been treated with radiation therapy to the chest, and being exposed to air pollution.

### Prevention

Not all lung cancers can be prevented. And some people who get lung cancer do not have any known risk factors. But there are ways you can help lower your risk:

- Don't use any tobacco products.
- Stay away from secondhand smoke.
- Keep cars and homes smoke-free.
- Avoid or limit exposure to cancer-causing chemicals in your home or workplace.
- Follow a healthy diet that includes plenty of fruits and vegetables.

### Screening

Screening looks for cancer in people who don't have symptoms. Lung cancer screening can help reduce the risk of death by finding cancer early when treatment is more likely to be successful.

The American Cancer Society recommends yearly lung cancer screening with low-dose CT (LDCT) scans for people ages 50 to 80 years who have at least a 20 pack-year history of smoking. Pack-years are the number of cigarette packs smoked per day times the number of years a person has smoked.

If you might be at higher risk of lung cancer, talk to a health care provider about the possible benefits, limits, and risks of lung cancer screening.

### Signs and Symptoms

Most lung cancers do not cause symptoms until they have spread outside the lungs. Some common signs and symptoms of lung cancer include:

- A cough that does not go away or gets worse
- Coughing up blood or rust-colored spit or phlegm
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Hoarse voice
- Loss of appetite
- Losing weight without trying
- Wheezing or shortness of breath
- Feeling tired or weak
- Infections such as bronchitis and pneumonia that don't go away or keep coming back

### Treatment

Treatment for lung cancer depends on several things, such as the type and extent of the cancer, your age, other health problems, and personal choices. Also, special testing might be done on the tumor to choose the best treatment. If you have lung cancer, talk to your doctor about the best treatment for you.

### Living With Lung Cancer

Having lung cancer can affect your quality of life. Physical, social, mental health, spiritual, and money issues can come up at any time during and after treatment. You might feel, or be made to feel, that it's your fault that you got lung cancer. This can add to your stress and worry.

Palliative care might be helpful at any time after diagnosis. It focuses on helping manage symptoms, address issues, and improve quality of life.

Good communication between you and your health care team is important. This should include:



- Asking and answering questions
- Working together to set care goals
- Making shared decisions
- Managing side effects and other issues
- Scheduling follow-up tests and care



To learn more about lung cancer, visit the American Cancer Society website at [cancer.org/lungcancer](https://cancer.org/lungcancer) or call us at **1-800-227-2345**. We're here when you need us.

It's your life.  
No one  
can protect  
it better  
than you.

—JUDI, BREAST CANCER SURVIVOR

Judi, a cancer survivor who lives with cerebral palsy, reminds us that living with a disability does not make us immune to breast cancer. And early detection is the key to living.

If you are between the ages of 40 to 49, talk to your doctor about when and how often you should have a screening mammogram. If you are between the ages of 50 to 74, be sure to have a screening mammogram every two years.

**BREAST CANCER SCREENING**

**THE RIGHT TO KNOW**

For more information, visit  
[www.cdc.gov/RightToKnow](http://www.cdc.gov/RightToKnow)  
or call 1-800-CDC-INFO (232-4636)  
1-888-232-6348 (TTY)



Centers for Disease  
Control and Prevention  
National Cancer Institute  
and Developmental Disabilities

