

LUNG CANCER Prevention

Not all lung cancers can be prevented, but you may be able to lower your risk for lung cancer by changing the risk factors you can control.

Smoking

Avoid starting to smoke or quit now.

Smoking is the number one risk factor for lung cancer. About 80% of lung cancer deaths are due to smoking.



Cancer-Causing Agents

Avoid cancer-causing agents, including asbestos, diesel exhaust, and uranium, or use protective equipment if you need to interact with these elements.

Radon

Test your home for elevated radon levels.

Radon is the second leading cause of lung cancer. It is a naturally occurring radioactive gas that can build up in your home.



Physical Activity and Nutrition

Physical activity can help regulate some hormones that contribute to the development of cancer and help keep the immune system healthy. A healthy diet with lots of fruits and vegetables may help reduce your risk of lung cancer.

Prevention Resources

[802Quits](#) and [NY Smoke Free](#) provide free help to quit smoking, vaping, or any other tobacco or nicotine product use, including personalized quit plans.

Order a Radon Test Kit ([Vermont](#) or [New York](#)) to check your home for elevated radon levels.

The [Physical Activity and Nutrition](#) program at the Vermont Department of Health works to make healthy foods and opportunities for physical activity more accessible to all Vermonters.

[ACS CancerRisk360™](#) is an resource that empowers individuals with information to support overall health and understand factors that may reduce the risk of cancer.

Talk with your doctor about lung cancer screening if:

- 1. You are 50-80 years old.**
- 2. You smoke cigarettes or quit in the last 15 years.**
- 3. You have smoked at least 20 pack-years.**

Source: American Cancer Society, 2025