

# The Lung Center Mission

The Lung Center of Penn Highlands Healthcare is founded on one simple philosophy - every patient deserves and receives the highest quality care. We provide individualized, patient-centered care that is built on evidence based medicine, state-of-the-art technology and compassion. We strive to be the region's leader for advanced pulmonary medicine.

## WE PROVIDE LUNG CARE CLOSE TO HOME

If you or a loved one has lung cancer, Penn Highlands Healthcare can help. We provide lung cancer care with experts located throughout the region to help you in your fight against lung cancer.

The Lung Center in DuBois is our home for our pulmonary experts, but we offer appointments in Brookville, Clarion, Clearfield, Huntingdon, Monongahela, Philipsburg, Punxsutawney, St. Marys and State College as well, with our board certified pulmonologist.

The number one cause of lung cancer is smoking. Approximately 90 percent of all lung cancer is caused by tobacco. The best way to prevent lung cancer is to quit smoking.

The second leading cause of lung cancer is an odorless, radioactive gas called radon. It is emitted from rock and soil and can seep up into homes and other buildings. The best way to prevent this is to have your home tested for dangerous levels of radon.



Lung Care at Penn Highlands Healthcare

### THE LUNG CENTER

Penn Highlands DuBois  
100 Hospital Avenue, First Floor  
DuBois, PA 15801  
**814-375-3770**

### Penn Highlands Lung Center

88 Hospital Road, 2nd Floor  
Brookville, PA 15825  
**814-375-3770**

265 Holiday Inn Road, Route 68  
Clarion, PA 16214  
**814-375-3770**

531 Hannah Street, Suite C  
Clearfield, PA 16830  
**814-375-3770**

820 Bryan Street, Suite 1  
Huntingdon, PA 16652  
**814-375-3770**

271 Railroad Street  
Philipsburg, PA 16866  
**814-375-3770**

21911 Route 119  
Punxsutawney, PA 15767  
**814-375-3770**

1100 Million Dollar Highway, Suite 3  
St. Marys, PA 15857  
**814-375-3770**

611 University Drive, Suite 212  
State College, PA 16801  
**814-234-2600**

[www.phhealthcare.org/lungcare](http://www.phhealthcare.org/lungcare)

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# Lung Cancer

Early detection  
could save your life

*Penn Highlands Healthcare*



# Make Every Breath Count

Lung cancer is the most common cancer worldwide, accounting for 1.3 million deaths annually. Each year lung cancer causes more deaths than colon, breast, and prostate cancers combined. The key to successfully treating lung cancer is early detection. Survival rates go from a devastating 15 percent up to an impressive 92 percent when the cancer is diagnosed and treated early.

## WHAT IS IT?

Your lungs take air in to give your body oxygen, which the body needs to work. Your lungs, like all the tissues in your body, are made up of billions of tiny specialized cells. Lung cancer causes some cells in the lungs to grow abnormally. These cells are called cancer cells. Cancer cells grow at a different rate than normal cells. The cancerous cells make it difficult for a person to breathe properly, preventing the cells in the rest of the body from receiving the appropriate amount of oxygen.

## SIGNS AND SYMPTOMS:

Lung cancer typically doesn't have signs and symptoms in its earliest stages. Signs and symptoms of lung cancer typically occur only when the disease has advanced

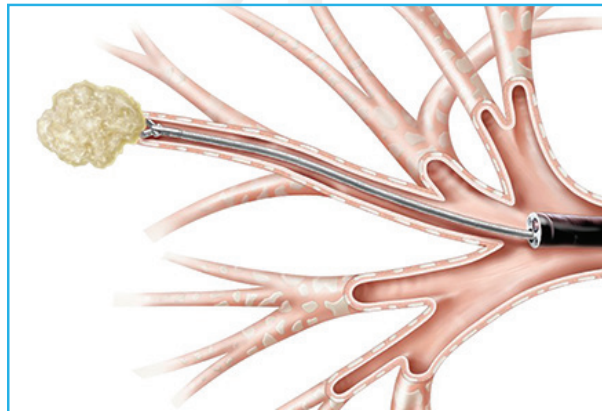
- A new cough that doesn't go away
- Changes in a chronic cough or "smoker's cough"
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Wheezing
- Hoarseness
- Losing weight without trying
- Bone pain
- Headache

- Fatigue
- Weakness
- Recurrent lung problems, such as bronchitis or pneumonia

## HOW DO YOU TEST FOR LUNG CANCER?

If there's reason to think that you may have lung cancer, your doctor can order a number of tests to look for cancerous cells and to rule out other conditions.

- Imaging tests. An X-ray image of your lungs may reveal an abnormal mass or nodule. A CT scan can reveal small lesions in your lungs that might not be detected on an X-ray.
- Tissue sample (biopsy). A sample of abnormal cells may be removed in a procedure called a biopsy. Your doctor can perform a biopsy in a number of ways, including bronchoscopy, in which your doctor examines abnormal areas of your lungs using a lighted flexible camera that is passed down the nose or mouth.



After a procedure patients go home within 1-3 hours. You may have some initial discomfort immediately after, but most patients are able to return to work and normal day activities within 24-48 hours.

# LUNG CANCER

## WHAT IS YOUR RISK FOR LUNG CANCER?

### CONTRIBUTING FACTORS:

- Tobacco smoke, including:
  - Cigarette smoking
  - Cigar smoking
  - Secondhand smoke
- Radon
- Asbestos
- Air pollution
- Radiation therapy to the lungs
- Arsenic in drinking water
- Personal or family history with lung cancer
- Certain dietary supplements

People who smoke have the greatest risk of lung cancer. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

For smokers and former smokers who are age 55 to 74 and who have smoked for 30 years or more and either continue to smoke or have quit within the past 15 years, we suggest being screened annually.