



Lung Cancer HRA

Date: 08-15-2024

Your Result

Screening May Be Recommended

Based on your age and smoking history, annual lung cancer screening may be recommended.

Talk to your doctor about the risks, benefits, and limitations of a low-dose CT scan.

- You have a significant history of tobacco use. The best thing you can do to manage your risk of lung cancer is to stop smoking. Talk to your doctor about plans or therapies to help you quit.
- Besides your smoking history, other lung cancer risk factors increase your risk. Do what you can to avoid future environmental/workplace exposures.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Tobacco Use History



Smoking Status

Current Smoker
High Risk

Smoking increases the risk of several types of cancer, including lung, throat, esophagus, kidney, pancreas, bladder, and cervix.

Lung cancer kills more people than colorectal cancer, breast cancer, and prostate cancer combined.

Tobacco Use History

31 Pack-Years

Your Tobacco Use History	Pack Year Equivalent
Cigars 2 per day for 3 years	1 Pack-Year
Cigarettes 24 per day for 25 years	30 Pack-Years

Total: 31 Pack-Years

What Is a Pack-Year?

Tobacco use is measured in “pack-years.” The type of tobacco, amount smoked, and number of years smoked are used to calculate this number.

One pack-year is equal to 20 cigarettes per day for one year, 2 packs per day for half a year, and so on.

Other Lung Cancer Risk Factors



Other Risk Factors	Your Risk
Personal history of smoking-related cancer	<i>Average</i>
Family history of smoking-related cancer	<i>Increased</i>
Chronic obstructive pulmonary disease (COPD)	<i>Average</i>
Pulmonary fibrosis	<i>Average</i>
Radiation therapy to the chest	<i>Average</i>
Environmental exposure	<i>Average</i>
Workplace exposure	<i>Increased</i>

Who's at Risk for Lung Cancer?

Tobacco smoking is the #1 risk factor for lung cancer. It accounts for 80% of lung cancer deaths.

However, people who don't smoke can get lung cancer too. The table to the right lists other risk factors for lung cancer.

Among smokers, having other risk factors may make the chance of developing lung cancer even higher.

The Benefits of Not Smoking

Avoiding smoking lowers the chance of having lung cancer. For people who already have lung cancer, quitting can help lower the risk of having a second cancer.

People who are having trouble kicking the habit should talk to a health care professional. Programs and services to quit smoking can help. Medication and other treatments are also available.

Risk From Exposure

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Environmental

Average Risk

Your Environmental Exposure	
Second-hand smoke	No
Radon	No
Asbestos	No
Air pollution	No

Environmental Exposure

Long-term exposure to smoke, air pollution, radon, or asbestos makes the risk of developing lung cancer go up.

- Second-hand smoke can cause lung cancer in people who don't smoke. The more exposure, the higher the risk. Someone who has lived with a smoker for five years or more is considered a passive smoker.
- Radon is the leading cause of lung cancer in non-smokers.
- Asbestos exposure makes people more likely to die of lung cancer, especially if they smoke.
- Up to 5% of all lung cancer deaths may be caused by air pollution.

Workplace Exposure

Increased Risk

Your Workplace Exposure	
Dusts	Yes

Inhaled chemicals/minerals	No
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Industrial workplace substances	No
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Workplace Exposure

Working around certain materials can increase the chance of having lung cancer. These include:

- Dusts (for example: sawdust, metal dust, concrete dust)
- Inhaled chemicals and minerals (such as breathable forms of arsenic, silica, nickel, coal products, etc.)
- Substances found in industrial workplaces (materials related to paving, roofing, chimney sweeping, etc.)

Take Your Next Steps

Based on your results, we recommend starting a conversation with a pulmonologist. Let us help you find one.

[Help Me Find a Doctor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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