

Common Cancers in Clay County

SCREENING & RISK AWARENESS

Lung Cancer

Who's at Risk?

- Adults aged 50–80 with a 20+ pack-year smoking history
- Current smokers or those who quit within the past 15 years

Common Symptoms

- Persistent cough that worsens
- Coughing up blood
- Shortness of breath and wheezing
- Fatigue and weight loss

Screening Recommendations

Annual low-dose CT scan (LDCT) for high-risk individuals

Reduce your risk

Test home for radon, quit smoking, avoid secondhand smoke

Spencer Hospital Services

DESIGNATED LUNG CANCER SCREENING CENTER BY THE ACR

- Lung Cancer Screening - Diagnostic Imaging
- Cancer Treatment - Abben Cancer Center

General Cancer Prevention Tips

MAINTAIN A
HEALTHY WEIGHT

STAY ACTIVE

LIMIT ALCOHOL

DON'T SMOKE

EAT A BALANCED
DIET

PROTECT YOUR
SKIN FROM
UV RAYS

KNOW YOUR
FAMILY HISTORY
AND TALK TO
YOUR DOCTOR

STAY UP TO DATE
ON SCREENINGS

GET VACCINATED
(HPV, HEPATITIS B)



Abben Cancer Center
of Spencer Hospital

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