



# The Multiethnic Cohort Study

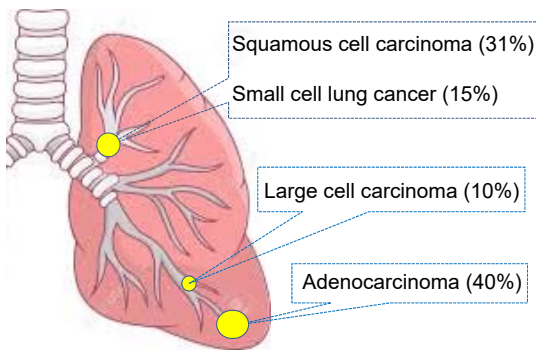
## Lung Cancer



### What is Lung cancer?

- Lung cancer is the abnormal growth of cells in one or both lungs.
- It is the second most common cancer in men and women, after prostate and breast, respectively.
- Lung cancer causes more deaths than any other cancer site.

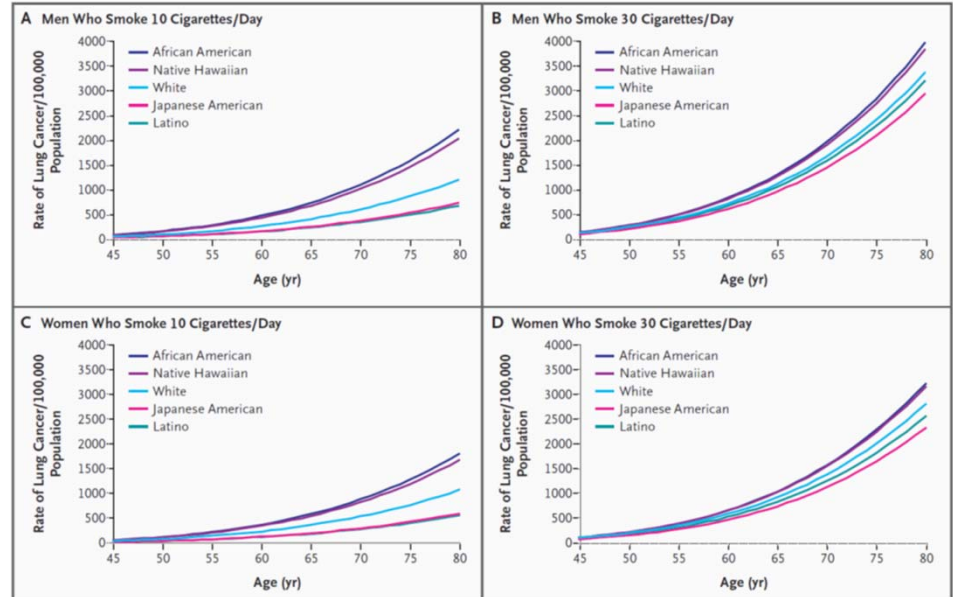
### Lung cancer has four major subtypes



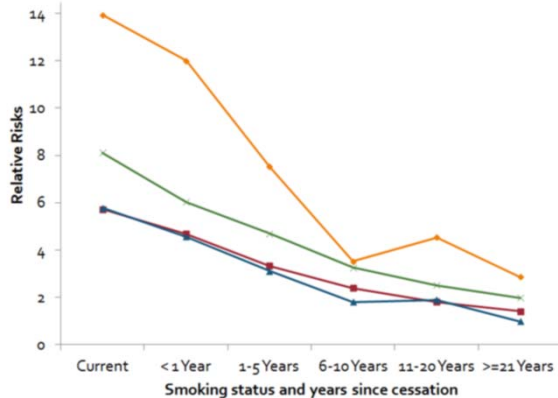
### What are the risk factors?

- Smoking/tobacco
- Passive smoking
- Asbestos
- Radon gas
- Air pollution
- Family history/genetics
- Other lung diseases (e.g. tuberculosis, COPD)
- Occupation (e.g. miners, heavy metal workers)

### Lung cancer risk differs across populations, independent of smoking

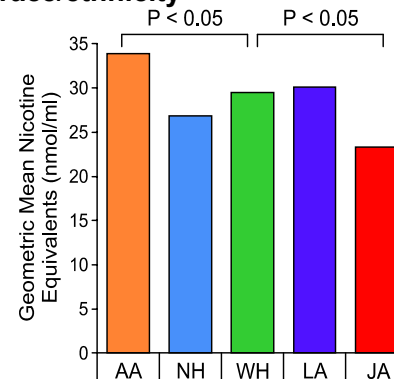


### Tobacco smoking cessation reduces lung cancer risk in all populations



- ❖ Lung cancer risk reduction can be observed in just <1 year of quitting smoking.
- ❖ After >20 years of smoking cessation, lung cancer risk can be reduced by >10-fold.
- ❖ The racial/ethnic differences in risk found in current smokers is dramatically reduced after >20 years of quitting

### In the MEC, smoking internal dose, per cigarette, differs by race/ethnicity



- ❖ We measured smoking internal dose per cigarette in a subset of MEC participants. African Americans have the highest dose per cigarette. Native Hawaiians have a low dose per cigarette; however, remain at high risk of disease.

### What can I do?

#### Prevention:

- Do not use tobacco.
- If you currently smoke, quit smoking
  - 1-800-QUIT-NOW
  - <https://hawaiiquitline.org>

#### Screening:

- If you are 55 to 80 years with a 30 pack-year smoking history and currently smoke or have quit within the past 15 years, get screened annually with low-dose computed tomography scans.

#### ➤ Screening facilities are available at:

- Hawaii Pacific Health
- Kaiser Permanente Hawaii
- Queens Hospital

We thank the MEC study participants for their time and dedication.

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