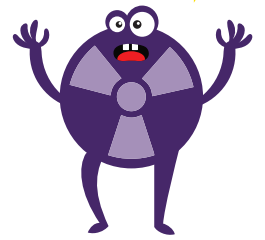
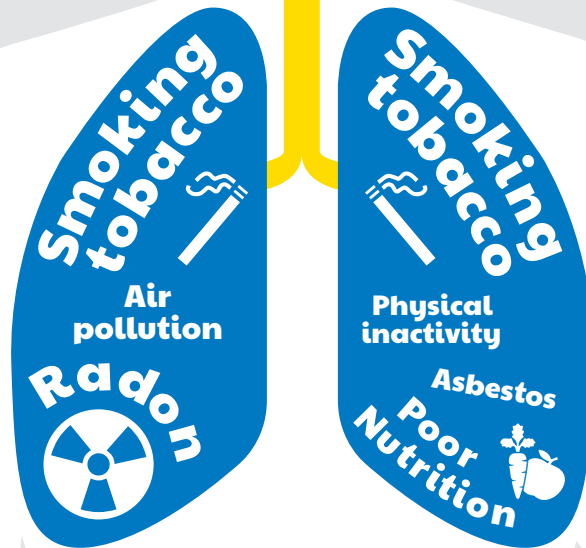


# When talking about smoking cessation & lung cancer risk, **don't leave radon behind!**

I'm important too!!



## Lung cancer risks



## Action Steps

Make radon part of the conversation when talking to clients. Learn about radon and share resources and the website [takeactiononradon.ca](http://takeactiononradon.ca).

Inform people who smoke of their added risk and tell non-smokers they can still get lung cancer simply by being exposed to radon. Have clients add radon testing and mitigation into their quit or health plans.

Ask other colleagues and health professionals if they know about radon and share the importance of learning about and taking action against radon. Help bust myths about radon. Share this [video](#).

Help reduce lung cancer incidence rates by recommending radon testing for everyone, especially tobacco users. Connect them with the right people.  
**Learn - Test - Reduce**

## Be informed

Understand the added risk of radon exposure

- ⊕ Epidemiological studies confirm that radon in homes increases the risk of lung cancer. Both smoking tobacco and radon exposure are well-established human carcinogens.
- ⊕ After smoking tobacco, radon is one of the leading modifiable risks for lung cancer.
- ⊕ Radon increases the risk of lung cancer for people who smoke. The higher the radon levels, the greater the chance that a person will develop lung cancer.
- ⊕ Lung cancer is the most commonly diagnosed cancer in Canada. It is the leading cause of death from cancer for both men and women in Canada.<sup>1</sup>
- ⊕ Lung cancer is expected to cause more deaths than colorectal, pancreatic and breast cancers combined.
- ⊕ While the Canadian guideline for radon level in homes is 200 Bq/m<sup>3</sup>, there is no safe level of radon. Health Canada recommends that action is taken to lower any concentrations above 200 Bq/m<sup>3</sup>.

**smokers' helpline**

1-877-513-5333 [smokershelpline.ca](http://smokershelpline.ca)



Canadian  
Cancer  
Society

TAKE  
**ACTION** ON RADON

# Radon + smoking tobacco = bad combination

Elevated radon levels add to the already high risk of lung cancer for people who smoke. Reducing radon exposure will reduce the risk of lung cancer for everyone living in your home.

## Talking to people about radon

### What is radon?

Radon is an invisible radioactive soil gas that enters buildings through contact with the ground.

High levels are a risk to the health of you and your family. The only way to know the radon level in your home is to test.

### Protect yourself

Everyone should take radon seriously, especially people who smoke!

The first step to protect yourself and your family from radon is to test. Contact a professional to help or get a test kit. [takeactiononradon.ca](http://takeactiononradon.ca)

### Important elements

- About 86% of lung cancer cases are due to modifiable risks, including radon, making it one of the most preventable cancers in Canada.
- Reducing radon is possible.
- People need help to quit tobacco and reduce radon.
- Connect with a health professional, quit coach and radon specialist today.

### Steps to take action on radon

1. Test for radon.
2. Evaluate radon levels (guideline is 200 Bq/m<sup>3</sup>).
3. Determine necessary actions and timeline.
4. Reduce radon levels – find a mitigation professional to reduce radon levels.
5. Spread radon awareness – tell others.

One small step can make a difference in the lives of people with cancer and their families. Radon affects everyone living in a household. Join the growing group of professionals who understand the risks of radon and the importance of helping to start and share the conversation .



## Testing for radon

### A more in-depth look

Testing for radon is simple and inexpensive. You can either test your home yourself or hire a certified professional.



### Important first steps:

Purchase an approved radon test kit or call a C-NRPP professional at [takeactiononradon.ca](http://takeactiononradon.ca).

Leave the test in a lower-level room or a space where you spend most of your time (like a bedroom or home office) for 91 days or more.

The Canadian guideline is 200 Bq/m<sup>3</sup>, but it would be ideal to reduce levels to as low as possible.

#### References

1Canadian Cancer Society, Lung Cancer Statistics, accessed June 2021. <https://www.cancer.ca/en/cancer-information/cancer-type/lung/statistics/?region=on>

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Canadian Cancer Society, Percentage of cancers that are preventable in Canada, accessed June 2021. <https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/how-many-cancers-can-be-prevented/percentage-cancers/?region=on>

Health Canada, Another Reason to Quit, accessed June 2021. [https://www.canada.ca/content/dam/hc-sc/documents/services/health/publications/radon/27-P\\_1107-Another-Reason-to-Quit-Jan2018-EN-FINAL.pdf](https://www.canada.ca/content/dam/hc-sc/documents/services/health/publications/radon/27-P_1107-Another-Reason-to-Quit-Jan2018-EN-FINAL.pdf)

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