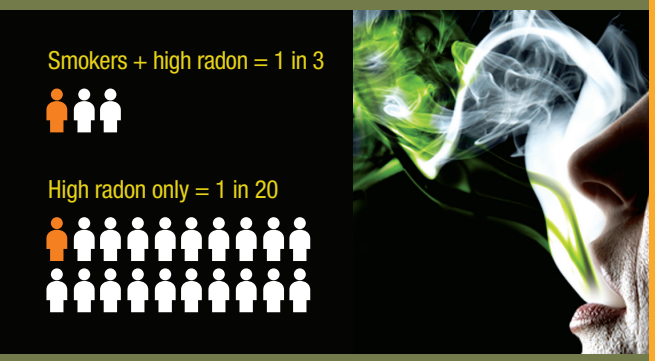
RADON – ANOTHER REASON TO QUIT

Lung Cancer Risk



Almost 90% of lung cancer deaths are caused by smoking. Radon exposure is linked to approximately 16% of lung cancer deaths in Canada and is the second leading cause of lung cancer for smokers.

Radon is a gas that is produced naturally by the breakdown of uranium in the ground and gets into your home undetected. You can't see it, smell it or taste it.

Some level of radon can be found in most homes. High levels of radon increases your risk of developing lung cancer.

The risk from radon exposure is long term and depends on 3 things:

1› the level of radon,

2› how long you are exposed, and

3› your smoking habits.

Smoking? Test Your Home for Radon!

People who smoke and are exposed to elevated levels of radon have a significantly increased risk of developing lung cancer.

The only way to know if you have a radon problem is to test for it. Testing for radon is easy and inexpensive.

Radon levels vary over time so use a long term detector and test for a minimum of 3 months.

Radon testing is available through certified service professionals or do-it-yourself kits can be purchased by phone, internet or at certain retail stores.

To find a do-it-yourself radon test kit go to www.takeactiononradon.ca/test.

If you have high levels of radon in your home REDUCE THEM!

There are many ways to reduce your home's radon level. The most common method is active soil depressurisation (ASD), typically performed by a contractor.

The higher the radon level the sooner it needs to be fixed.

Radon + Smoking = dangerous combination!

Don't let the two leading causes of lung cancer stand in your way of living a long and healthy life.

Quit smoking and test your home.

For more information contact us at **1 866-225-0709**, via email at **Radon@hc-sc.gc.ca** or visit Health Canada's website at **www.healthcanada.gc.ca/radon** or **www.GoSmokefree.ca**

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