

American Cancer Society October 2025 Newsletter

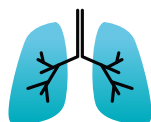
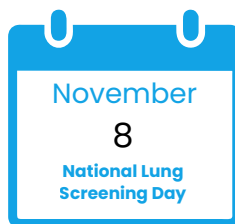
Keeping you updated on everything happening at the ACS and other cancer resources and topics

Lung Cancer Awareness Month

November is Lung Cancer Awareness Month

Lung cancer is the second most diagnosed cancer in both men and women and the leading cause of cancer deaths in the United States, accounting for about 1 in 5 of all cancer deaths. Although approximately 86% of lung cancers are caused by cigarette smoking, the toll among people who have never smoked is substantial. Each year, the number of people diagnosed with and dying from lung cancer continues to drop due to more people quitting smoking or not starting, and advances in early detection and treatment.

[Click here](#) to learn more.



Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the **Great American Smokeout** event on the third Thursday in November be your day to start your journey toward a smoke-free life!

You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

[Quitting starts here!](#)

Recommendations for Lung Cancer Screening

The American Cancer Society recommends yearly lung cancer screening for people with a smoking history.

Screening Eligibility

- Adults 50-80 years old who currently smoke or used to smoke.
- Have smoked 1 pack (20 cigarettes) a day for 20+ years.

Before Getting Screened

- Talk to a doctor about your lung cancer risk and the pros and cons of low-dose CT screening.
- If you smoke, try smoking cessation treatment.

Learn More About Screening

- Visit cancer.org/getscreened for information about screening recommendations, how to schedule a screening, how to afford cancer screening with or without insurance, and more.



If You Smoke or Want to Help Someone Quit

The American Cancer Society Empowered to Quit program is a free, email-based tool to help people quit smoking. Visit cancer.org/empoweredtoquit to learn more.

Quit for you. Quit for them.

Quitting reduces cancer risk for you and the loved ones around you. Take the first step together with our free Empowered to Quit program.

Tips Before You Quit

- Set a "quit day."
- Talk to your health care provider about medicines, therapy, and other methods that can help you quit.
- Plan for how you will handle tough situations and cravings.
- Find and build community support.

Tips After You Quit

- Take it one day at a time.
- Stay busy with healthy activities.
- Try relaxation exercises.
- Keep things that you can suck or chew on handy.
- Avoid tempting activities, people, or places you associate with using tobacco.



We're here to help you quit.

Sign up for Empowered to Quit, a free, email-based program to support you on your journey to quit smoking. Learn more at cancer.org/empoweredtoquit.

The American Cancer Society Great American Smokeout® event is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year-round. The event, which will be held this year on **Thursday, November 20, 2025**, encourages people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan.



Scan to access resources



Click on the video to learn more.



NATIONAL LUNG CANCER ROUNDTABLE

The ACS NLCRT's Resource Center offers the opportunity to identify, select and utilize key materials for furthering work in early detection, biomarkers and staging, and stigma and nihilism in the context of lung cancer.

NLCRT Resource Center



[Increasing Lung Cancer Screening Rates in Primary Care](#)



[Best Practice Guide for Building Lung Cancer Early Detection Programs](#)



[ACS NLCRT Lung Cancer Atlas](#)



NATIONAL LUNG CANCER SCREENING DAY

This lifesaving event is held to encourage health systems and community partners to screen more individuals and raise awareness about lung cancer screening.

Scan to access resources

