

# Health Education

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Health educational programs help reduce the public health problems in our society. Lung cancer in smokers is a substantial problem that health education programs can minimize. To minimize the rate of lung cancer, there needs to be an educational approach on smoking cessation. Health education programs benefits [smoking](#) cessation because of the need for the programs and because of the various evidence, which supports health education programs work.

Lung cancer develops when abnormal cells uncontrollably grow and develop at a high rate. These abnormal cells start to interfere with the functioning of the lungs ("What is lung cancer?"). The physical symptoms because of the interference are usually coughing up blood or phlegm, pain in the chest, shortness of breath, and a diagnosis of bronchitis or pneumonia ("Symptoms of lung cancer,"). There are two types of lung cancer and they are small cell lung cancer and non-small cell lung cancer. Non-small lung cancer is more frequent, about eighty-five percent of cases of lung cancer are usually this type. The remaining percentage is small cell lung cancer and this type grows more rapidly and spreads earlier to other parts of the body than non-small lung cancer ("Types and staging of lung cancer,"). Lung cancer is the third most common cancer and the leading cause of cancer death in the United States. It is estimated that only 16.6 people survive five years or more after being diagnosed with lung cancer. ("SEER stat fact sheets:lung and bronchus

cancer,").

The number one leading cause of lung cancer is cigarette smoking. This modifiable risk factor causes at least ninety percent of lung cancer cases ("What are the risk factors?," 2013). This is a dilemma in the United States because at least...

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