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Protecting Families and Saving Lives: November Marks Lung Cancer and Tobacco Cessation Awareness Month

Hagåtña, Guam – The Department of Public Health and Social Services (DPHSS) invites the people of Guam to join in observance of **Lung Cancer and Tobacco Cessation Awareness Month** this November. This observance shines a light on the lives affected by lung cancer, the importance of early detection, and the resources available for those seeking to quit tobacco.

Lung cancer is the leading cause of cancer-related deaths on island, according to the Guam Cancer Facts and Figures Report. Around the world, the World Health Organization identifies cancer as the second leading cause of death, with lung cancer among the most common. For Guam, these numbers are more than statistics. They represent families who have lost loved ones too soon and the urgent need to support healthier choices that can save lives. A low-dose CT (LDCT) scan can find lung cancer early, when it's most treatable. This quick, painless test can detect small changes long before symptoms appear. If you're 50 to 80 years old, have a history of smoking or recently quit, talk to your healthcare provider about whether a low-dose CT scan is right for you.

Why this matters for Guam

Recent data highlight the need for action across the island. The 2023 Guam Youth Risk Behavior Surveillance System reports that 37.8% of high school students and 31.2% of middle school students use electronic cigarettes. Among adults, the 2023 CDC Behavioral Risk Factor Surveillance System shows that 18% of Guam residents ages 18 and older are current smokers, compared with a United States average of 12.1%. In 2023, the top four causes of death in Guam were diseases of the heart, malignant neoplasms, accidents or unintentional injuries, and cerebrovascular disease. Many of these conditions are linked to tobacco use. These figures reflect real families and real neighbors who deserve longer and healthier lives.

A proclamation signing will take place on **Friday, October 17, 2025, at 1:30 p.m. in the Large Conference Room of the Ricardo J. Bordallo Governor's Complex in Adelup, Hagåtña**. The proclamation will **declare November as Lung Cancer and Tobacco Cessation Awareness Month** and affirm Guam's commitment to prevention, early screenings, and tobacco cessation.

"Every family in Guam has been touched in some way by cancer," said Theresa C. Arriola, Director. "Through this proclamation, we recommit ourselves to protecting lives through early screenings and by encouraging our loved ones to break free from tobacco. This is not just about numbers, it is about the mothers, fathers, siblings, and friends who deserve more time with those they love."

About the Tobacco Prevention and Control Program

DPHSS, through its Tobacco Prevention and Control Program, provides services at no cost to help island residents quit tobacco. The Tobacco Free Quitline is available at **1-800-QUIT NOW (784-8669)**, or individuals may visit **quitnow.net/guam**. Youth ages 13 through 17 can also access free online support. Those with hearing or speech disabilities may call **711**.

DPHSS Brief Tobacco and Nicotine Intervention Skill Certification

Certification classes on Brief Tobacco and Nicotine Intervention Skills are also offered by DPHSS. To enroll, email **tcp@dpshs.guam.gov**. For program details, contact **Grace Garces Bordallo, Program Manager**, at **Grace.Bordallo@dpshs.guam.gov**.

For updates on Lung Cancer and Tobacco Cessation Awareness Month activities and other November health observances, follow **@guamDPHSS** on Facebook and **@dpshsguam** on Instagram. Additional resources are also available at facebook.com/LiveHealthyGuam.

Let us stand with families, raise awareness, and take action so that more of our people can live longer and healthier lives.

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