



Patient Action Discussion Guide for Physicians

Anyone can get lung cancer; in fact, about 1 in 7 individuals who do develop lung cancer have never smoked. The top two causes of lung cancer are **smoking** and **radon** exposure.

We cannot undo risks associated with past smoking and radon exposure, but there are some steps we can take to reduce risk going forward. To maximize risk reductions:

- ✓ Test your home for radon and remediate if necessary.
- ✓ AND stop smoking if you smoke.

Doing these together is more beneficial than one or the other alone.

Patient History Taking Dialogue

Have you tested your home for radon?

- **If no**, Recommended action: Either obtain a do-it-yourself radon test kit or hire a radon professional to test the home to assess radon gas concentrations.
- **If yes...**

Was the radon test result in your home at or above 4 pCi/L?

The current EPA recommended reduction level is **4 picocuries of radon per liter of air (pCi/L)**. Technically, there is no safe level of radon exposure as all exposure carries some risk; however, the EPA action level is the guideline used in the U.S.

- **If no**, it is suggested you retest your home's living spaces periodically, such as every 5 years or after any major home renovation or change to the heating or cooling system of the home.
- **If yes**, if your test result is above **8 pCi/L**, it is suggested that you install a mitigation system. At levels between **2 pCi/L** and **8 pCi/L** it is suggested that you make another radon measurement to improve the reliability of the estimate for your long-term radon exposure. You can take another short-term screening test. Or, another option at these levels is a long-term radon measurement in your highly occupied living space.

Have you taken steps to reduce your home radon level to acceptable levels?

- **If no**, Recommended action: In order to reduce the lung cancer risk from radon exposure in your home, it is suggested that you install a radon mitigation system to reduce the indoor radon value in your living spaces to less than the EPA action level of **4 pCi/L** or the WHO reference level of **2.7 pCi/L**.
- **If yes**, have you conducted a radon test to confirm the radon concentration in your home has been reduced to below the EPA action level? You should also conduct a radon test once every 2 years to ensure the radon concentration continues to be controlled.

Patients may request home radon test kits at [sosradon.org](https://www.sosradon.org).