

## **EXAMPLE SHORT CAUSES ESSAY**

**Prompt:** Choose a disease that has known causes. Write a Short Informative Theme that describes those causes and how to avoid them. Include at least five paragraphs. Base your theme on research that you have gathered from at least four sources. Include in-text citations and a reference list, and use the APA style.

TITLE OF PAPER: Lung Cancer: Something That Can Be Avoided

Lung Cancer: Something That Can Be Avoided!

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### Lung Cancer: Something That Can Be Avoided!

Lung cancer is the second most common cancer in men and women. In fact, more people die of lung cancer each year than prostate, breast, and colon cancer combined. In 2014, more than 200,000 new cases of lung cancer will be diagnosed in the U.S.; more than 150,000 people will die of lung cancer in the same year. Interestingly, the average age of a person diagnosed with lung cancer is 70 years (What are the risk factors..., 1974). Only 43% of those diagnosed with lung cancer survive one year; only 17% survive five years (Lung Cancer Fact Sheet, 2014). Research has discovered several causes for lung cancer. Understanding the causes of lung cancer, including smoking, second-hand smoke, and other pollutants, can help people avoid it.

The leading cause of lung cancer is smoking. In fact, the large majority of lung cancer (86%) is caused by smoking ("Lung cancer risks," 2014). Surprisingly, cigarette, cigar, and pipe smoking cause cancer at about the same rates. Menthol cigarettes cause lung cancer, too. Regardless of what a person smokes, certain factors increase the person's risk of cancer. The greater the number of years that the person smokes increases the risk of lung cancer. Also, the amount of time a person smokes in a day increases the risk of lung cancer. Beginning to smoke as a young person increases the risk of lung cancer. These facts have been substantiated through research to such an extent that people have been successful in suing tobacco companies for damages when they became sick with lung cancer.

Breathing in second-hand smoke (when someone else is smoking) in places like homes, work settings, and public settings is also a cause of lung cancer. Not surprisingly, children whose parents smoke around them and in closed areas with them (e.g., homes, cars) are very susceptible to cancer and other lung ailments. Their lungs are barely formed and are vulnerable to the ravages of tobacco smoke. Additionally, workers who have experienced the second-hand smoke

of their co-workers have been known to become ill with lung cancer. Exposure to smoke at work has been shown to double the risk of lung cancer. Finally, exposure to smoke in public places can also increase people's risk of cancer. As a result, many towns and businesses have outlawed smoking in their buildings.

In addition to smoking and passive smoking, several other pollutants play a role in causing lung cancer. One example of such a pollutant is radon gas. This is a radioactive gas that can be emitted by rocks and soils. It can build up inside buildings. Being exposed to radon can further increase the risk associated with smoking. Another example of a pollutant is diesel fumes. Professional truck drivers, miners, and other workers whose vehicles and equipment use diesel fuel are most at risk. A further example of a pollutant is asbestos, which is a natural substance that was widely used in the construction industry for insulation. People who worked with asbestos or lived in buildings with asbestos have been known to develop lung cancer and other lung ailments.

To conclude, lung cancer has several identifiable causes that are avoidable. People can choose not to begin smoking. If they have begun to smoke, they can quit smoking. People can choose not to expose their children to second-hand smoke. Employers can choose not to expose their workers to second-hand smoke. Citizens can choose to keep the air in their towns and cities clear of smoke. Individuals can choose homes, jobs, and activities that do not expose them to the danger of pollutants. Clearly, lung cancer is a disease that is deadly, so everyone needs to be conscious of its causes so that they can be avoided at all costs.

## References

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