

MESOTHELIOMA CAUSES & RISK FACTORS

Asbestos exposure is the leading cause of mesothelioma. Microscopic fibers can become trapped in the lungs or abdomen, causing inflammation and DNA damage over time. Even a single high-level exposure may lead to mesothelioma decades later.

MAIN RISK FACTORS

- Asbestos exposure - primary cause
- Occupational & military exposure - construction, shipyards, Navy service
- Secondary exposure - fibers carried home on clothing
- Environmental exposure - living near asbestos mines or factories
- Age & genetics - higher risk for those over 65 or with BAP1 gene mutation

WHO'S MOST AT RISK

- Workers in construction, shipbuilding, firefighting, or power plants
- Veterans exposed to asbestos on ships, bases, and submarines
- Families exposed through take-home fibers

HOW TO REDUCE YOUR RISK

- Hire certified asbestos abatement professionals
- Avoid talc-based and asbestos-contaminated products
- Use protective gear at work
- Wash work clothes separately
- Ask your doctor about early screening

WE'RE HERE TO HELP

Our Patient Advocates can connect you with top mesothelioma doctors, VA-accredited claims assistance for veterans, and financial and emotional support resources.

[Request your Free Mesothelioma Guide today.](#)