Lung Cancer: How do you calculate pack years?

To calculate how many pack years you have smoked, multiply the number of packs of cigarettes you smoked per day by the number of years you smoked. For example:

\[ \text{X} \times 30 \text{ YEARS} = 30 \text{ PACK YEARS} \]

\[ \text{X} \times 15 \text{ YEARS} = 30 \text{ PACK YEARS} \]