

Lung Cancer Awareness

November 30, 2023



Concepts Taught:

- What lung cancer is and common signs and symptoms.
- Factors that can increase or decrease risk of developing lung cancer.
- How lung cancer is treated.
- How to find a provider and other resources on lung cancer.

What is lung cancer?:

- A type of cancer that can start in the lungs.
 - Lung cancer can start in any part of the lung.
- Cancer starts when cells begin to grow out of control.
- Second most common cancer in both men and women.

Types of lung cancer:

- Non-small cell lung cancer (NSCLC)
 - 80-85% of lung cancers
- Small cell lung cancer (SCLC)
 - Sometimes called "Oat Cell Cancer"
 - 10-15% of lung cancers
 - Tends to grow and spread faster than NSCLC
- Lung carcinoid tumors
 - Fewer than 5% of lung tumors
 - Slow growing

Risk factors you can change:

- Smoking and exposure to secondhand smoke
- Exposure to certain substances
 - Radon, asbestos, diesel exhaust, coal smoke and soot
- High doses of supplemental beta-carotene

Risk factors you can't change:

- Air pollution
- Previous cancer
- Hereditary
- Prior radiation to the lung
- Personal history of COPD or pulmonary fibrosis

Early signs of lung cancer:

- Cough, change in voice, rust colored spit, shortness of breath, feeling tired, repeat lung infections, loss of weight and appetite

Late signs of lung cancer:

- Chest pain or tightness, swallowing difficulties, blurred vision, headaches, swelling in the head and neck

Screening low-dose CT (LDCT) scan for:

- People 50-80 years old who:
 - smoke or use to smoke
 - **AND**
 - have at least a 20 pack-year history of smoking

How is lung cancer treated?:

- Surgery, radiation therapy, chemotherapy, immunotherapy, or targeted therapy
- Treatment is determined by: symptoms, age and overall health, type, size and location of cancer, tumor molecular makeup and personal preference.

Lower your risk:

- Don't smoke and avoid second-hand smoke
- Avoid radon and other chemicals that cause lung cancer
- Eat a healthy diet

Resources:

- www.lungevity.org
- www.lung.org
- www.cancer.org
- www.smokefree.gov
- www.lungcancerresearchfoundation.org