

## Lung Cancer

Lung cancer is a type of cancer that begins in the lungs. It occurs when cells in the lungs grow uncontrollably, forming tumors that can interfere with lung function and spread to other parts of the body.

### Types of Lung Cancer:

1. Non-Small Cell Lung Cancer (NSCLC): The most common type, accounting for about 85% of cases. It includes subtypes such as adenocarcinoma, squamous cell carcinoma, and large cell carcinoma.
2. Small Cell Lung Cancer (SCLC): A less common but more aggressive type that tends to spread quickly to other organs.



### Risk Factors:

Cigarette smoking is the leading cause of lung cancer with the risk increasing based on the number of cigarettes smoked and the duration of smoking. Non-smokers exposed to secondhand smoke are also at risk of developing lung cancer. Additionally, exposure to radon, a naturally occurring radioactive gas, is the second leading cause. Certain occupations, such as asbestos mining, construction, and industrial work, may expose individuals to carcinogens that increase the risk. Moreover, a family history of lung cancer can predispose individuals to the disease.

### Symptoms:

- Persistent cough
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood
- Fatigue
- Unintended weight loss

### Prevention:

To reduce your risk of lung cancer and other smoking-related diseases, quitting smoking is the most effective measure. Additionally, minimize exposure to secondhand smoke in both indoor and outdoor environments. Testing your home for radon gas and taking steps to reduce exposure if levels are elevated is crucial. Finally, protect yourself against occupational hazards by following safety protocols and using protective equipment to minimize exposure to carcinogens in the workplace.

### Screening:

- Low-Dose CT Scan: Annual screening with low-dose computed tomography (CT) scans is recommended for individuals at high risk of lung cancer, including current or former smokers aged 55 to 80 with a significant smoking history. Early detection is important!

### Take Control of Your Lung Health:

If you have risk factors for lung cancer or experience symptoms, talk to your healthcare provider about screening and preventive measures.