



**DOVE-HAVEN FOUNDATION
MONTHLY BULLETIN**

**NOVEMBER
Edition.**

LUNG CANCER

KEY FACTS

- Cancer is a leading cause of death globally.
- Lung cancer is by far the leading cause of cancer-related death among both men and women.
- Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.
- Smoking is the most common risk factor to lung cancer and accounting for about 72% of all cases.
- Cigarette smokers are 15 to 30 times more likely to get lung cancer than non-smokers.

THE PROBLEM

Lung cancer is one of the most common and serious cancer types. Globally, lung cancer accounts for about 2 million new cases and 1.8 million deaths in the year 2018. Sadly, there are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms.

Lung cancer is by far the leading cause of cancer-related death among both men and women, making up almost one quarter of all cancer deaths. Interestingly, each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

SOME EARLY SYMPTOMS OF LUNG CANCER

- Lingering or worsening cough
- Coughing up phlegm or blood
- Chest pain that worsens when you breathe deeply, laugh, or cough
- Hoarseness of voice
- Shortness of breath/persistent breathlessness
- Wheezing
- Weakness and fatigue/unexplained tiredness
- Loss of appetite and weight loss
- Recurrent respiratory infections

RISK FACTORS

AGE

Lung cancer mainly affects older people. It is rare in people younger than 40. More than 4 out of 10 people diagnosed with lung cancer in the UK are aged 75 and older.

SMOKING

Smoking is the most common risk factor to lung cancer accounting for about 72% of all cases. Cigarette smokers are 15 to 30 times more likely to get lung cancer than non-smokers. The longer you smoke, the greater the chance of developing lung cancer. Quitting smoking can lower that risk.

SECOND HAND SMOKE

Breathing in secondhand smoke is also a major risk factor. For example, every year in the USA, about 7,300 people who have never smoked die from lung cancer caused by secondhand smoke.

RADIATION

According to the American Lung Association, exposure to radon, a naturally occurring radioactive gas is the second leading cause of lung cancer.

HARMFUL SUBSTANCES

Breathing in other hazardous substances especially over a long period of time can also cause lung cancer. Other substances such as arsenic, cadmium, chromium, nickel, some petroleum products, uranium.

GENETICS

Inherited genetic mutations may make one more likely to develop lung cancer especially if one smoke or is exposed to other carcinogens.

MANAGEMENT

- In general, lung cancer management may involve surgery, radiation therapy, chemotherapy or a combination of these.
- Newer and more specific therapies are also available like gene therapy, therapy with defined tumour antigens.
- Targeted drug therapy and immunotherapy.
- Palliative Care
- Home remedies/Palliative care for symptoms. Home remedies and homeopathic remedies will not cure cancer. However, they may help relieve some of the symptoms associated with lung cancer and treatments side effects. For example



MASSAGE

With a qualified and experienced therapist, massage can help relieve pain and anxiety



ACUPUNCTURE

When performed by a trained practitioner, acupuncture may help ease pain, nausea, and vomiting.



MEDITATION

Relaxation and reflection can reduce stress and improve overall quality of life in lung cancer patients.



HYPNOSIS

Helps you relax and may help with nausea, pain, and anxiety.



YOGA

Combining breathing techniques, meditation, stretching, and yoga can help you feel better overall and improve sleep.

**EARLY DETECTION IS STILL THE KEY TO IMPROVE
OUTCOME OR ACHIEVE CURE**

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