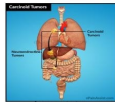
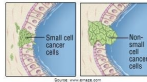


Lung Cancer

Facts, Risk Factors, Symptoms, and Treatment Options

What is Lung Cancer?

Lung cancer can be defined as the uncontrolled growth of abnormal cells in the lungs. These abnormal cells cannot perform the proper functions of normal lung cells and do not develop into healthy lung tissue. As the abnormal cells continue to grow, they can form tumors and interfere with the lungs' job of providing oxygen to the rest of the body through the blood.



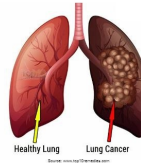
About Lung Cancer

There are three main types of lung cancer:

- Non-Small Cell Lung Cancer**
 - Most common type, consisting of about 85% of lung cancers
 - Subtypes include squamous cell carcinoma, adenocarcinoma, and large cell carcinoma
- Small Cell Lung Cancer**
 - Also called oat cell cancer
 - Comprises about 15% of lung cancers
 - Tends to spread quickly to other areas of the body
- Lung Carcinoid Tumors**
 - Comprises fewer than 5% of lung cancers
 - Sometimes called lung neuroendocrine tumors
 - Grows slowly and rarely spreads

Statistics

- 14% of all new cancers are lung cancers
- In 2017, the American Cancer Society estimates 222,500 new cases (118,900 men and 103,510 women) and 155,870 deaths from lung cancer (84,200 men and 71,680 women)
- 1 out of 4 cancer deaths are from lung cancer
- The chance a man will develop lung cancer in his lifetime is 1 in 14 and for women it's 1 in 17
- 2 out of 3 people with lung cancer are 65 or older and less than 2% are younger than 45
- Black men have a 20% higher chance of developing lung cancer compared to white men
- Black women are 10% less likely to develop lung cancer compared to white women



Risk Factors



Smoking

Cigarette smoking is the number one risk factor.

- Cigarette smoking is linked to about 80-90% of lung cancers in the US
- Cancers are 15-30 times more likely to develop and die from lung cancer
- Can also cause many other types of cancers



Secondhand Smoke

Secondhand smoking is when someone smokes around you from their cigarette, pipe, or cigar.

- When someone breathes in secondhand smoke it can be as bad as their own
- Type of the fat cells that are not needed and half of children are exposed to secondhand smoke in the US
- Due to secondhand smoke, 7,000 people in the US die every year from lung cancer

Radon

Radon is a naturally occurring gas that cannot be seen, heard, or smelled.

- Radon causes about 20,000 lung cancer cases each year
- It is the second leading cause of lung cancer
- About 1 in every 10 homes in the US have high radon levels



Other

An individual may develop lung cancer if he/she is a smoker or if there is a history of lung cancer in his/her family.

- Being exposed to asbestos, arsenic, diesel exhaust and some forms of air and chromium may lead to the development of lung cancer as well



Are You at Risk?

Symptoms in the Chest

- Frequent and intense coughing
- Pain in chest, shoulder, or back unrelated to coughing pains
- Change in color or volume of sputum
- Shortness of breath
- Change in voice or becoming hoarse
- Harsh sounds with each breath (stridor)
- Frequent lung problems, such as bronchitis or pneumonia
- Coughing up phlegm, mucus, or blood

Symptoms Elsewhere

- Loss of appetite or unexplained weight loss
- Muscle wasting (cachexia)
- Fatigue
- Headaches, bone or joint pain
- Bone fractures unrelated to accidental injury
- Unsteady gait or memory loss
- Feelings of weakness
- Bleeding
- Blood Clots

Treatment Options

- Surgery**
 - Best way to treat non-small cell lung cancer
 - Doctors can remove part of the lung with a tumor or the tissue around it
- Radiofrequency Ablation**
 - Good way to treat non-small cell lung cancer if surgery is not an option
 - Doctor inserts a small needle through the skin until it touches the tumor inside the lung and then shocks it
- Radiation**
 - Works for non-small cell and small-cell lung cancers
 - Doctors point high-energy X-rays at a tumor to destroy it
 - Receive this treatment a few days every week for several weeks
- Chemotherapy**
 - These medicines kill the cancer cells
 - Works for non-cell and small-cell lung cancers
 - Receive treatment through an IV
 - May need a few rounds of treatment over several weeks

Need More Information?

www.lungcancer.org
www.cancer.org
www.cdc.gov/cancer/lung