

## LUNG CANCER TESTS:

X-rays are taken to detect lung cancer. If it is suspected that the patient does have lung cancer, a sputum cytology is recommended. This procedure examines the mucus cells of the lungs taken from a deep cough of a patient. A biopsy, the removal of a lung tissue sample, can also show whether lung cancer is present.

After the lung cancer is diagnosed, there are several ways to determine how far the cancer has spread.

THE FOLLOWING ARE A FEW EXAMPLES:

### **CT scan**

#### **(Computed Tomography)**

Comprehensive pictures of the body are taken with this x-ray machine linked to a computer.

### **MRI**

#### **(Magnetic Resonance Imaging)**

Comprehensive pictures of the body are taken with this strong magnet linked to a computer.

### **Radionuclide Scanning**

The patient takes a radioactive substance either orally or intravenously and the scanner records the radioactive level to discover any abnormal areas in other organs besides the lungs.



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*Cigarette smoke contains roughly 4,000 chemicals, including 200 known poisons, of which 43 are carcinogenic (cancer causing).*

## TREATMENT:

Treatment varies depending on the type, location and spread of the cancer. For more information, contact your physician.

### **Surgery**

The cancer is removed through an operation, but what type of surgery is needed depends on the location of the tumor.

### **Chemotherapy**

Drugs are used to kill the cancer cells by taking pills orally, by taking an injection into a vein or by inserting a catheter into a vein for a longer period of time.

### **Radiation therapy**

High-energy rays are used to destroy cancer cells in the specified area. This treatment is often used in combination with chemotherapy.

### **Photodynamic therapy (PDT)**

This type of laser therapy injects a chemical into the bloodstream that is absorbed by all the cells in the body, staying longer in the cancer cells. The laser activates the chemical in the cancer cells and kills them.

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## WHAT IS LUNG CANCER?

A tumor develops in the lungs when cells divide without order and destroy the tissue around them. There are two types of lung cancer: non-small cell lung cancer and small cell lung cancer. Non-small cell lung cancer accounts for most of lung cancers, moving slower throughout the body. Small cell lung cancer represents about 20% of lung cancers, although it grows faster and spreads to other parts of the body. More men and women in the U.S. die from lung cancer than any other cancer.

## WHAT CAUSES LUNG CANCER?

Smoking is the leading cause of lung cancer. Over 80% of lung cancer cases could be prevented by not smoking. Exposure to radon, an odorless and invisible radioactive gas found in soil and rock, is another factor in developing lung cancer. Asbestos, mineral fibers found in certain industries and construction, damages cells when inhaled and develop into lung cancer.

## SYMPTOMS OF LUNG CANCER

- A chronic cough
- Chest pain
- Coughing up blood
- Loss of weight and appetite
- Wheezing
- Bronchitis or pneumonia reoccurrences
- **Within 2 weeks to 3 months of quitting:** Circulation improves, walking becomes easier and lung function increases up to 30%
- **Within 48 hours of quitting:** Nerve endings begin to regenerate and senses of smell and taste begin to return to normal
- **Within 24 hours of quitting:** Risk of sudden heart attack decreases
- **Within 8 hours of quitting:** Carbon monoxide level in blood drops to normal and oxygen level in blood increases to normal
- **Within 20 minutes of quitting:** Blood pressure and pulse rate drop to normal and temperature of hands and feet increases to normal

## BENEFITS OF QUITTING:

Nicotine is what keeps individuals addicted to tobacco, and it doesn't take long to get addicted. Nicotine is one of the most powerful addictive drugs. On a milligram-by-milligram comparison, nicotine is 10 times more powerful than heroin.

## WHY IS IT HARD TO QUIT?