



# Understanding Lung Cancer

Around 60-70% of lung cancer cases can be attributed to tobacco smoking.

## 1. Introduction

Lung cancer is one of the most common types of cancer, with an estimated 2.5 million cases in 2022. Though it is common, patients are most often diagnosed when the cancer is in its later stages, leaving limited treatment options available. Symptoms like chest pain or coughing up blood are signs the cancer is in the lungs. When it spreads to other parts of the body, patients may also experience bone pain or losing weight without trying.

## 2. Types

There are two main types of lung cancer. Non-small cell lung cancer (NSCLC) accounts for 80-85% of diagnoses. NSCLC subtypes are classified by the different cancer cells that cause the disease, though their treatments and outlooks are similar.

Small cell lung cancer (SCLC) is the other main type of lung cancer. Though this type accounts for fewer cases, it typically spreads faster than NSCLC. Most cases of SCLC, when diagnosed, have spread to other parts of the body.

Other types of lung tumors, such as lymphomas or sarcomas, can also develop, though their treatments differ.

## 3. Treatment

Treatments for lung cancer depend on the type, location, and some other factors. Most focus on either removing the cancer or slowing its progress. Some treatment options include

- + Surgery
- + Chemotherapy
- + Radiation therapy
- + Targeted drug therapy
- + Immunotherapy

## 4. Prevention & Early Detection

Lung cancer can't always be prevented, but some ways to reduce risk include:

- + Not smoking or quitting smoking
- + Avoiding secondhand smoke
- + Testing your home for radon
- + Screening for lung cancer

As with other cancers, early detection is vital for each patient at risk of developing lung cancer. Identifying and screening higher-risk patients, such as former heavy smokers, can reduce lung cancer deaths and delays in care. Detection methods include physical exams, imaging, and examining lung tissue samples. Ongoing lung cancer research may introduce newer methods for early detection.

## Did you know?

Lung cancer is often caught in its later stages, leaving limited treatment options available for patients.

For more information on lung cancer, please visit [cancer.org/lung-cancer](https://cancer.org/lung-cancer).

## References:

<https://www.who.int/news-room/fact-sheets/detail/lung-cancer>

<https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>

<https://www.cancer.org/cancer/types/lung-cancer/about/what-is.html>

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