

LUNG CANCER

The single biggest cancer killer worldwide!

Lung cancer - Basics

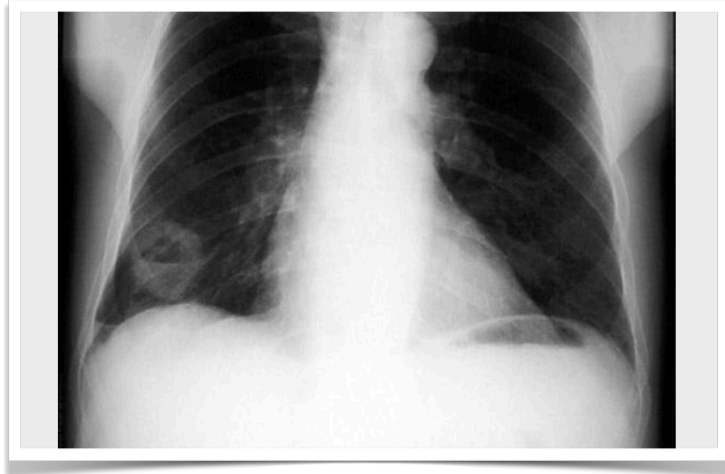
- The leading cause of death among men and women
- In the United States, lung cancer kills more women than colorectal cancer and breast cancer combined and more men than colorectal, prostate, and pancreatic cancer combined.

Symptoms

- Cough, difficulty breathing, wheezing, hoarseness
- Coughing up of blood, chest pain, weight loss, loss of appetite.

Risk factors

- Current or former smoker
- Environmental exposures: Radon gas, asbestos, air pollution, arsenic, beryllium, chromium, nickel, soot.
- Comorbidities such as COPD, Tuberculosis, or Idiopathic Pulmonary Fibrosis.



Prevention strategies

- Never smoking is the best way to prevent lung cancer, and smoking cessation is helpful. Secondhand tobacco smoke exposure is also a significant risk factor, with younger age at exposure associated with higher risk of lung cancer.
- Limit exposure to environmental carcinogens involved in the pathogenesis of lung cancer, such as asbestos, arsenic, beryllium, and air pollution.
- Minimize exposure to radon gas – the second leading cause of lung cancer after smoking in the U.S., and the leading cause of lung cancer among non-smokers. Test your home for radon – it's easy, quick, and inexpensive.
- The best diet for healthy lungs – rich in anthocyanins, flavonoids, polyphenols, vitamins C, D, E, and omega-3 fats.