**Level00\_info**

**1. GENDER**

- Impact: Men historically have had higher lung cancer rates, mainly due to higher smoking rates,

- Biological Differences: Women may be more susceptible to the harmful effects of tobacco and secondhand smoke.

**2. AGE**

- Impact: risk increases with age.

- Statistics: Most lung cancer cases occur in people aged 65 and older, with the average diagnosis age being around 70.

**3. SMOKING**

- Impact: The leading cause of lung cancer, responsible for 85-90% of cases.

- Cigarettes contain carcinogens that damage lung tissue and DNA over time.

**4. YELLOW FINGERS**

- Impact: A sign of prolonged smoking(long term of habit), caused by nicotine and tar staining the fingers.

- Heavy smokers are at higher risk of lung cancer and other respiratory diseases.

**5. ANXIETY**

- Impact: Not a direct cause of lung cancer, but chronic anxiety(Chronic anxiety refers to persistent, long-term feelings of worry, fear, or nervousness that affect daily life. Unlike occasional anxiety, chronic anxiety doesn’t go away easily and can lead to both mental and physical health issues) can lead to unhealthy habits (e.g., smoking or alcohol use), increasing risk.

- Stress hormones like cortisol may also contribute to inflammation, which can be a factor in cancer development.

**6. PEER PRESSURE**

- Impact: Increases the likelihood of smoking initiation, especially in teens and young adults.

- Social influences can lead to long-term smoking habits, increasing cancer risk.

**7. CHRONIC DISEASE**

- Impact: Certain chronic diseases, like COPD (chronic obstructive pulmonary disease), increase lung cancer risk.

- Chronic lung inflammation and scarring (e.g., from fibrosis or tuberculosis) can lead to DNA damage in lung cells.

**8. FATIGUE**

- Impact: A common symptom in lung cancer patients, especially in advanced stages.

- Cancer cells consume energy, and the body's immune response leads to exhaustion.

**9. ALLERGY**

- Impact: No direct link to lung cancer, but chronic allergic conditions can lead to lung inflammation, which might increase susceptibility.

- Long-term respiratory inflammation may contribute to cell mutations.

**10. WHEEZING**

- Impact: Can be an early symptom of lung cancer if tumors obstruct airways.

- A tumor in the lung can narrow or block bronchial tubes, causing breathing difficulties.

**11. ALCOHOL CONSUMING**

- Impact: Heavy alcohol consumption may increase lung cancer risk, particularly when combined with smoking.

- Alcohol weakens immune function and can increase exposure to carcinogens from tobacco.

**12. COUGHING**

- Impact: One of the most common early symptoms of lung cancer, especially if persistent.

- Tumors irritate airways, triggering chronic cough. Coughing up blood (hemoptysis) can also occur in advanced cases.

**13. SHORTNESS OF BREATH**

- Impact: A key symptom of lung cancer, often appearing as the disease progresses.

- Tumors block airflow, fluid builds up around the lungs (pleural effusion), or lung function declines.

**14. SWALLOWING DIFFICULTY (DYSPHAGIA)**

- Impact: Occurs in advanced lung cancer when tumors press on the esophagus.

- A tumor near the trachea or esophagus can cause difficulty swallowing or pain when eating.

**15. CHEST PAIN**

- Impact: Common in lung cancer, especially if tumors invade the chest wall or press on nerves.

- Can be sharp or dull, worsened by deep breathing or coughing.

**16. LUNG CANCER**

- Definition: A malignant tumor that develops in lung tissue due to genetic mutations, usually triggered by carcinogens like tobacco smoke.

Types:

- Non-Small Cell Lung Cancer (NSCLC) – Most common (85% of cases).

- Small Cell Lung Cancer (SCLC) – More aggressive, linked heavily to smoking.