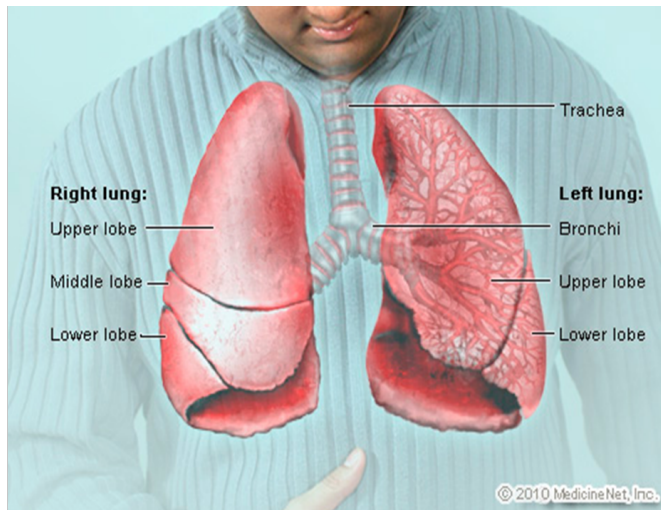


# LUNG CANCER



## Why Talk about Lung Cancer?

- ✓ It is estimated that by the year 2030 there will be about 10 million deaths per year from lung cancer worldwide.
- ✓ It is strongly linked to tobacco smoking
- ✓ Incidence in Kenya has been reducing among men but increasing among women and youth

## What are the risk factors to Lung Cancer?

**Cancer-causing Chemicals**

- Formaldehyde**  
Used to embalm dead bodies
- Benzene**  
Found in gasoline
- Polonium 210**  
Radioactive and very toxic
- Vinyl chloride**  
Used to make pipes

**Toxic Metals**

- Chromium**  
Used to make steel
- Arsenic**  
Used in pesticides
- Lead**  
Once used in paint
- Cadmium**  
Used in making batteries

**Poison Gases**

- Carbon Monoxide**  
Found in car exhaust
- Hydrogen cyanide**  
Used in chemical weapons
- Ammonia**  
Used in household cleaners
- Butane**  
Used in lighter fluid
- Toluene**  
Found in paint thinners

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**. Hundreds are toxic. About 70 can cause cancer. Here are some of the chemicals.

source: [www.cdc.gov](http://www.cdc.gov)

- ❖ Smoking Tobacco-**MAJOR RISK FACTOR**
- ❖ Atmospheric pollution by toxic gases
- ❖ Occupational hazards e.g. exposure to asbestos and metals such as nickel
- ❖ Vitamin A deficient diets

## Shisha

Shisha is a mixture of tobacco, sugar and fruit flavouring smoked through a water pipe by heating it in a bowl at the top of the pipe then bubbling it through water at the base of the pipe.

**AN HOUR  
SHISHA  
SESSION  
IS LIKE INHALING  
SMOKE FROM  
100 CIGARETTES**





Who is most at risk of Lung Cancer?

- Smokers
- Those who have smoked in the past; have a higher risk than those who have never smoked
- Persons exposed to secondary tobacco smoke
- Persons working in industries that involve working on asbestos, nickel
- Persons living near industries that pollute the environment with toxic gases

What are the signs and symptoms of Lung Cancer?

Often diagnosed in 40-70 year olds.

- A persistent cough especially if it worsens
- Chest pain
- Weight loss
- Loss of appetite
- Coughing up blood
- Difficulty in breathing
- Recurrent chest infections e.g. pneumonia
- Bone pain
- Yellowing of the eyes

***Signs and symptoms could be caused by other diseases and not just cancer! Hence it is important to consult a doctor to confirm the diagnosis***

## LUNG CANCER DIAGNOSIS

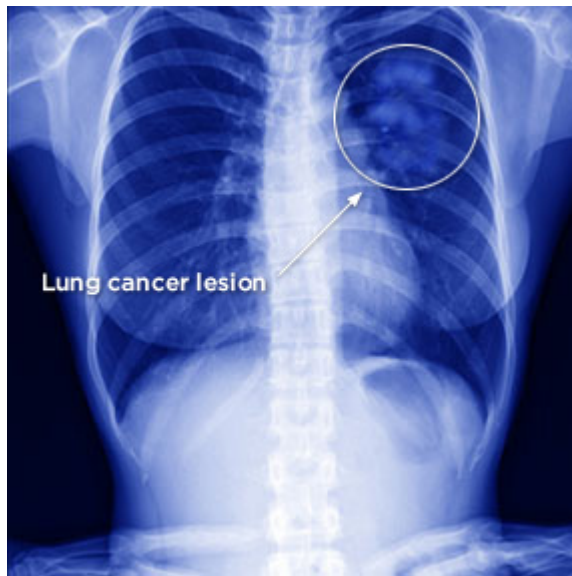
What tests are carried out to ascertain lung cancer?

### **Sputum cytology**

A sample of mucus coughed up from the lungs is looked at under the microscope to see whether there are abnormal cells



Chest Xray?



source: [www.healthline.com](http://www.healthline.com)

### **Compute tomography (CT) Scan**

More expensive imaging method but gives better pictures of any abnormalities in the lungs



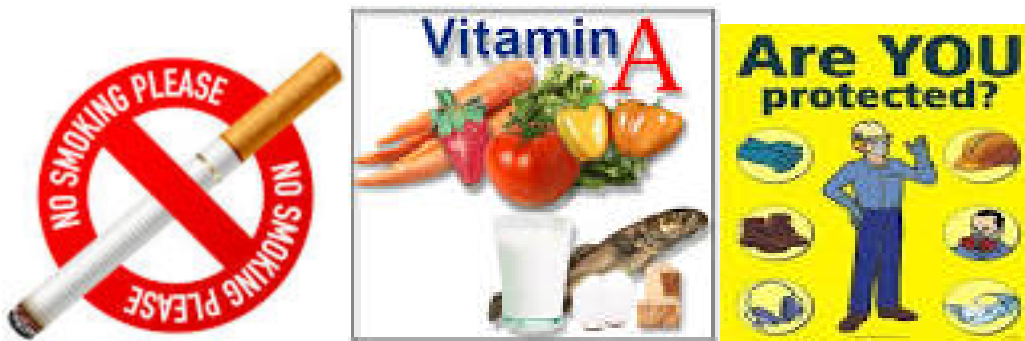
Source: [www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)

What are my treatment options if I am diagnosed of Lung Cancer?

- ❖ Surgery
- ❖ Radiotherapy
- ❖ Chemotherapy

What are the prevention tips for Lung Cancer?

- ✓ Avoid smoking
- ✓ Stop smoking
- ✓ Limit your exposure to second-hand smoke
- ✓ Use personal protective equipment at the workplace to avoid exposure to cancer-causing chemicals
- ✓ Include vitamin A sources in your diet



Follow up Care and Post Treatment

Common side effects of therapy include pain, fatigue and shortness of breath

Fear of recurrence of the cancer is common and can be dealt with by joining a support group  
Schedule follow-up visits to the doctor to check for recurrence and your well-being  
Establish guidelines for not smoking, eating a balanced diet and having recommended screening tests  
Engage in moderate exercise e.g. walking for 15-30 minutes per day to improve heart and lung functioning

## Referencces

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Pictures courtesy of www.wikipedia .com