**Lung Cancer**

Globally, lung cancer is the leading cause of death, and the second most diagnosed cancer in both men and women in the United States of America (Hoy et al., 2019). Lung cancer is a type of cancer that begins in the lungs, whereby the cells in the organ begin to grow out of control. Lung cancer may spread from the lungs to other organs in the body, such as the brain, and vice versa in metastases. Usually, lung cancers exist in two forms: small cell lung cancer (SCLC) and Non-small cell lung cancer (NSCLC). Different forms of lung cancers exhibit different growth rates; therefore, they are treated differently. The most common type of lung cancer is (NSCLC) with about 80% - 85%. The NSCLC ranges from adenocarcinoma, squamous cell carcinoma to large cell carcinoma. In contrast, SCLC represents about 10% - 15% of lung cancer, and it is characterized by fast growth and spread rate than the NSCLC. There are various risk factors associated with lung cancer, and cigarette smoking tends to be the leading cause of the disease. Other types of smoke, such as cigars and pipes, can also cause lung cancer. More so, breathing secondhand smoke and individual exposure to substances such as asbestos leads to the disease (Bade et al., 2020). Additionally, lung cancer is genetic since it can be inherited from a family member.

Lung cancer presents itself differently among its victims. Some people may have problems related to the lungs, while others whose cancer has metastasized would usually experience specific symptoms to that part of the body. However, others usually depict symptoms of feeling unwell. A person with mild lung cancer usually does not portray any symptoms; however, the following are symptoms for advanced lung cancer persons. First, the patient experiences persistent coughing that is always getting worse and does not cease to end. The coughing is accompanied by heavy chest pain and sometimes shortness of breath. Also, the patient undergoes wheezing and coughing of blood. More so, the patient seems exhausted all the time and is also presented with weight loss with no significant cause. Consequently, a person with lung cancer may develop repeated pneumonia and swollen or enlarged lymph nodes between the lungs.

Various diagnoses are conducted since the disease mostly presents itself at an advanced stage. Test for lung cancer is always conducted to screen the disease among healthy people with increased disease risk. Usually, individuals 55 years and above that have smoked heavily and have quit in the last 15 years present themselves for the screening (Richards et al., 2020). Also, lung cancer diagnosis involves testing for lung cancer. Testing includes imaging tests through X-ray and chemotherapy to reveal an abnormal mass or small lesions in the lungs. Another test involves sputum cytology to reveal lung cancer cells in the sputum under a microscope. More so, the doctor can conduct biopsy through bronchoscopy, mediastinoscopy, and needle biopsy. Consequently, the diagnosis involves examining the extent of the disease. Once the stage of lung cancer has been identified, it would be easier for doctors and patients to have a better treatment plan.

The treatment of lung cancer involves several methods depending on the patient's stage, type, overall health, and preferences. In some situations, for instance, where the side effects would outweigh the potential benefits, both doctors and patients may have consensus not to treat the disease and instead, comfort care may be decided to treat only the symptoms that the lung cancer is causing, such as pain or shortness of breath. Usually, treatments involve the following actions. The first treatment method is surgery done by a surgeon to remove the cancer cells through the wedge and segmental resection procedures. Lobectomy and Pneumonectomy procedures are also procedures that involve the removal of the entire lobe and lung, respectively, during the surgery. The second lung cancer treatment methodology involves a chemotherapy technique that uses drugs to kill cancer cells. This method is usually done after the surgery intravenously orally to kill the lungs' remaining cancer cells. An intense lung cancer treatment method; radiosurgery is another treatment method that aims many beams of radiation from any cancer cells' angles. Additionally, targeted drug therapy that focuses on the abnormalities usually presented by cancer cells is another way to treat cancer by blocking the abnormalities, thereby killing the cancer cells. Finally, the doctor may opt for immunotherapy that uses the patient’s immunity to fight the cancer cells. Immunotherapy works by interfering with how the cancer cells produce proteins that hide them from immune system cells.

There is no complete way through which cancer can be prevented however;, there are certain activities that would help a person to reduce the risks of developing lung cancer. First, it would be better to stay away from smoking tobacco or avoid smokes from other people. Quitting tobacco before lung cancer developments would gradually allow the damaged lung tissues to repair. Despite the age of a person or the period for smoking, abandoning smoking would reduce the chances of developing lung cancer; hence a person would leave a long life. Also, people should avoid exposure to cancer agents such as asbestos and radon. A healthy diet is also an important consideration to prevent lung cancer; it is evidence-based research that lots of fruits and vegetables can help smokers and non-smokers reduce the risks of developing lung cancer.

**References**

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