

**SHALBY**  
Sanar INTERNATIONAL HOSPITALS

**+91-124-3528444**

Golf Course Road, DLF Phase-5  
Sector - 53, Haryana - 122002

[www.sanarhospitals.com](http://www.sanarhospitals.com)  
[info@sanarhospitals.com](mailto:info@sanarhospitals.com)

Follow us on:     



**Understanding  
Lung Cancer**

## What is Lung Cancer?

Lung Cancer is an abnormal growth of cells in the lungs. Lung Cancer may eventually spread to other parts of the body if not diagnosed and treated or managed early.

## Types of Lung Cancer

- **Small Cell Lung Cancer:** There are two different types of Small Cell Lung Cancer such as Small Cell Carcinoma and Mixed Small Cell / Large Cell Cancer or Combined Small Cell Lung Cancer. Small Cell Lung Cancer is almost always associated with cigarette smoking.
- **Non-Small Cell Lung Cancer:** Its occurrence is more common and makes about 80% of Lung Cancer cases. There are three different types of Non-Small Cell Lung Cancer such as:
  - **Adenocarcinoma:** Found in an outer area of the lung. It develops in the cells of epithelial tissues, which line the cavities and surfaces of the body and form glands
  - **Squamous Cell Carcinoma:** Usually found in the center of the lung next to the bronchus
  - **Large Cell Carcinoma:** It can occur in any part of the lung and tends to grow and spread faster than Adenocarcinoma or Squamous Cell Carcinoma
  - **Neuroendocrine Cancer, Carcinoid Tumour:** Typical Lung Carcinoid Tumours grow slowly in the lungs and rarely spread to other parts of the body. These are 95% curable

## Causes

- Cigarette smoking
- Air Pollutants
- Family history of Lung Cancer
- Second-hand smoke (Passive smoking)
- Environmental exposure to chemicals like radon, asbestos or uranium

## Risk Factors

Smoking is the single greatest avoidable risk factor for any type of cancer. Smoking causes around 90% of Lung Cancers.

## Symptoms

In some people, symptoms for Lung Cancer may vary and largely include:

- Shortness of breath
- Chronic Cough
- Wheezing
- Coughing up blood
- Chest pain
- Fever
- Unexplained Weight loss
- Fatigue
- Hoarseness of voice

## Diagnosis

The pack-year is a unit for measuring the number of cigarettes a person has smoked over a long period of time. It is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked.

A low-dose CT (LDCT) scan is used to screen people at higher risk (mainly because they smoke or used to smoke) for Lung Cancer. LDCT scans can help find abnormal areas in the lungs that may be cancerous. There are a number of other diagnostic tests that can be used to detect Lung Cancer. However, early cases are often undetected and are only detected once the patient starts showing symptoms.

Traditional Lung Cancer tests include Chest X-ray, Sputum Cytology and Bronchoscopy. Advanced tests such as PET-CT and MRI Brain are also advised. To confirm the diagnosis of Lung Cancer, the doctor would examine fluid or tissue from the lung through a biopsy which involves the removal of a small sample of fluid or tissue for examination under a microscope by a Pathologist.

## Treatment

- **VATS or Thoracoscopic Surgery:** Video-Assisted Thoracoscopic Surgery is a specialised surgical procedure used to diagnose and treat various conditions within the chest, such as the Lungs, Mediastinum, Oesophagus and Pleura. Unlike traditional open chest surgery, VATS involves using a tiny camera (Thoracoscope) and surgical instruments inserted through small incisions in the chest
- **Chemotherapy:** Chemotherapy uses drugs that kill cancer cells
- **Radiation Therapy:** Radiation therapy uses high-energy rays to kill cancer cells and shrink tumours.
- **Targeted Therapy:** This treatment uses drugs that target certain proteins. These proteins control how cancer cells grow and spread
- **Immunotherapy:** It is used when the cancer is advanced, relapsed or metastasised to other parts

## Prevention

There are certain lifestyle modifications that can help reduce the risk of Lung Cancer, such as:

- Avoid active and passive smoking
- Minimise exposure to workplace risk factors
- Have a physically active lifestyle
- Eat plenty of fresh fruits, vegetables and whole grains
- Maintain a healthy weight
- Get screened regularly

## When to seek medical attention

If in case, one is experiencing acute breathing problems or other symptoms of Lung Cancer, a healthcare provider should be immediately consulted for screening and proper diagnosis.