



November is Lung Cancer Awareness Month.

November is officially Lung Cancer Awareness Month. This all started as Lung Cancer Awareness Day way back in 1995. During the month, many people throughout the country and the world come together for the lung cancer community. Events are held. Articles are written. Facebook statuses are updated. Videos are created and spread online.

Lung cancer is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale. People who smoke have the greatest risk of lung cancer. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

Symptoms:

Signs and symptoms of lung cancer may include:

-  A new cough that doesn't go away.
-  Changes in a chronic cough or "smoker's cough".
-  Coughing up blood, even a small amount.
-  Shortness of breath, Chest pain.
-  Losing weight without trying.
-  Headache.
-  Fatigue.
-  Loss of appetite.
-  Bone pain.
-  Hoarseness or changing voice.
-  Joint pain.
-  Swallowing difficulty.
-  Swelling of the face or arms.

When to see a doctor?

Make an appointment with your doctor if you have any signs or symptoms that worry you. If you smoke and have been unable to quit, make an appointment with your doctor. Your doctor can recommend strategies for quitting smoking, such as counseling, medications and nicotine replacement products.

Causes:

The following may increase your risk of lung cancer:

-  Exposure to asbestos.
-  Exposure to cancer-causing chemicals such as uranium, beryllium, vinyl chloride, nickel chromates, coal products, mustard gas, chloromethyl ethers, gasoline, and diesel exhaust.
-  Exposure to radon gas.
-  Family history of lung cancer.
-  High levels of air pollution.

- 🔗 High levels of arsenic in drinking water.
- 🔗 Radiation therapy to the lungs.

Coping and support:

A diagnosis of cancer can be overwhelming. With time you'll find ways to cope with the distress and uncertainty of cancer. Until then, you may find it helps to:

- 🔗 Learn enough about lung cancer to make decisions about your care.
- 🔗 Keep friends and family close. Keeping your close relationships strong will help you deal with your lung cancer.
- 🔗 Find someone to talk. Someone who is willing to listen to you talk about your hopes and fears.

Prevention:

There's no sure way to prevent lung cancer, but you can reduce your risk if you:

- 🔗 Stop smoking now. Quitting reduces your risk of lung cancer, even if you've smoked for years.
- 🔗 Avoid secondhand smoke. If you live or work with a smoker, urge him or her to quit. At the very least, ask him or her to smoke outside. Avoid areas where people smoke, such as bars and restaurants, and seek out smoke-free options.
- 🔗 Avoid carcinogens at work.
- 🔗 Eat a diet full of fruits and vegetables.
- 🔗 Exercise most days of the week.

Reference Links:

- 🔗 <http://www.choosehope.com/category/lung-cancer-clear-white>
- 🔗 <http://www.lung.org/lung-disease/lung-cancer/awareness/>
- 🔗 <http://www.lungcanceralliance.org/get-involved/help-raise-awareness/lung-cancer-awareness-month.html>
- 🔗 <http://www.nlm.nih.gov/medlineplus/ency/article/007270.htm>
- 🔗 <http://www.mayoclinic.org/diseases-conditions/lung-cancer/basics/prevention/con-20025531>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.