

HOW IS LUNG CANCER FOUND?

If you are worried about any symptoms, visit your GP. You may be sent for some tests or to a respiratory doctor in hospital. The tests include:

- **Chest x-ray:** This checks the state of your lungs.
- **Sputum sample:** Sputum (phlegm) is checked for cancer cells under a microscope.
- **CT scan:** This scan looks at the tissues inside your lung.
- **Bronchoscopy:** This test uses a long tube with a camera at one end to view the tissues in your lung.
- **Lung biopsy:** A biopsy is a small sample of lung tissue that can be taken during a bronchoscopy.

WHAT IF IT IS CANCER?

If tests show that you have lung cancer, your doctor will plan your treatment. This will depend on a number of factors including:

- Your general health
- The type of cancer cells found
 - The type and size of the tumour
 - Where it is found in your lung
 - If it has spread or not

The main treatments for lung cancer are:

- **Surgery:** removal of part or all of the lung.
- **Chemotherapy:** the use of drugs that kill cancer cells.
- **Radiotherapy:** the use of high energy X-rays to kill cancer cells.
- **Biological therapy:** therapy that uses the body's immune system to kill cancer cells.

These treatments may be used alone or together to treat lung cancer. Your doctor will decide which is best for you.

DID YOU KNOW?

In Ireland and in Europe about 1 in 3 people will develop cancer at some stage in their life. The good news is that due to better treatments and earlier detection, survival rates are improving all the time.

However, there are a number of steps you can take to reduce your risk of cancer. At the same time, you can lead a healthier lifestyle.

1. If you smoke, plan to quit.
2. If you drink alcohol, cut down on the amount you drink.
3. Eat a healthy diet by increasing your daily intake of fresh fruit and vegetables and by eating a range of foods low in fat and high in fibre.
4. Be a healthy weight by being more active every day and eating less fatty foods.
5. Protect yourself from the sun and avoid sunburn, especially in children.
6. See your doctor if you notice a lump, a sore that does not heal, a mole on your skin that changes in shape, size or colour or bleeds.
7. See your doctor if you have ongoing problems, like a cough or hoarseness, a change in bowel or bladder habits or an unexplained weight loss.

what you should know

FURTHER INFORMATION

Anyone who is concerned about lung cancer or about cancer in general can speak with a specialist nurse in confidence by calling the **National Cancer Helpline on Freefone 1800 200 700**.

The Helpline is open Monday–Thursday 9am–7pm, Fridays 9am–5pm.

Those who wish to speak to a specialist nurse can also contact us through our:

- **Walk-in service** – visit us in person at the Irish Cancer Society offices at 43/45 Northumberland Road, Dublin 4
- **Email service** – email us at helpline@irishcancer.ie
- **CancerChat** – chat live on the web with a specialist cancer nurse at www.cancer.ie
- **Message Board** – visit our online bulletin board at www.cancer.ie

IF YOU ARE A SMOKER

and would like help quitting, call the **National Smokers' Quitline Callsave 1850 201 203**.

Trained stop smoking advisers can provide confidential information and support.

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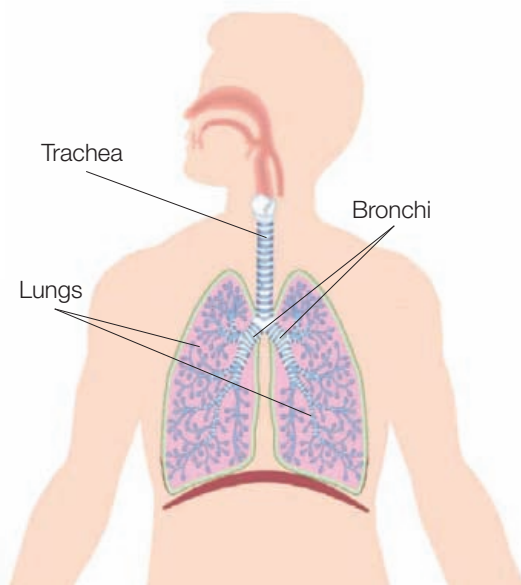
SOME FACTS ABOUT LUNG CANCER

- Lung cancer is one of the most common cancers affecting both men and women in Ireland.
- Over 1700 Irish people are diagnosed with lung cancer every year.
- More people die from lung cancer in Ireland than any other type of cancer.

LUNG CANCER IN IRISH WOMEN IS INCREASING EACH YEAR BECAUSE OF SMOKING

WHAT ARE THE LUNGS?

The lungs are part of your respiratory system, which is responsible for your breathing. You have two lungs in your chest, one on the right and one on the left. When you breathe in, air passes through your nose or mouth into your trachea (windpipe) and separates into two further tubes (bronchi), each connecting to a lung.



WHAT IS LUNG CANCER?

Lung cancer happens when normal cells in the lung change and start to grow quickly. They form a tumour. A malignant tumour is known as cancer. Lung cancer can occur in one or both lungs.

WHAT CAUSES LUNG CANCER?

Nine out of every ten lung cancers are due to smoking. The more a person smokes the greater the risk of getting cancer. This is not just lung cancer but also cancer of the mouth, throat, stomach, pancreas, kidney, womb and cervix.

TOBACCO SMOKE CONTAINS 60 KNOWN CANCER CAUSING CHEMICALS THAT DAMAGE CELLS IN THE BODY

Non-smokers who breathe in other people's smoke are exposed to second-hand smoke or passive smoke. Second-hand smoke increases your risk of developing lung cancer but not as much as being a smoker.

Passive smoking is particularly dangerous to children. It puts them at an increased risk of breathing problems, such as asthma as well as lung cancer in later life.

Exposure to certain substances such as radon gas and asbestos is linked to lung cancers.

HOW CAN I REDUCE MY RISK?

Quitting smoking is the most important thing you can do to avoid lung cancer. The earlier you stop, the better it is to reduce your risk of lung cancer. After quitting, the risk of developing lung cancer falls and continues to do so.

IT IS NEVER TOO LATE TO QUIT

People who smoke cigars or pipes are at a much greater risk of developing lung cancer than non-smokers.

Smoking low tar cigarettes does not reduce your risk, low tar cigarettes are not a safe option.

KNOW THE SYMPTOMS OF LUNG CANCER

The symptoms of lung cancer can include:

- A cough that doesn't go away
- A change in a long-term cough
- Feeling short of breath or wheezing
- Chest infections that won't go away even after antibiotics
- Coughing up blood
- Pain in your chest, especially when you cough or breathe in
- Feeling more tired than usual
- Unexplained weight loss

Remember that these symptoms can also be due to complaints other than lung cancer. However, if you have any of these symptoms you should have them checked by your family doctor (GP).

CAN I BE TESTED FOR LUNG CANCER?

Testing for lung cancer when you have no symptoms is called screening. There is no lung cancer screening programme in Ireland at present. If you think you have symptoms of lung cancer or if you are concerned about lung cancer, especially if you are a smoker, don't delay in visiting your GP.

