

LUNG CANCER

Two main types of lung cancer:

1) Non- small cell lung cancer (NSCLC):

- 80-85% of lung cancer cases are NSCLC
- Arises from the lungs epithelial cells
- Can be further characterized by where cancer arises from including: adenocarcinoma, squamous cell carcinoma, or large cell carcinoma

2) Small cell lung cancer (SCLS):

- 10-15% of lung cancers
- Almost always caused by smoking tobacco
- Often starts in more central portions of the chest
- More aggressive - grows and can spread quickly
- Surgery used less often due to its aggressiveness

Diagnostic testing:

- Physical exam
- Chest x-ray
- CT scan
- Tissue biopsy
- PET Scan

Lung cancer staging:

- Stage 0: tumor in-situ, only in the top lining of the lung or bronchus
- Stage I: cancer has not spread outside the lung
- Stage II: cancer has spread to lymph nodes inside the lung
- Stage III: cancer has spread to lymph nodes or structures or more than one tumor in a different lobe of the same lung
- Stage IV- cancer has spread outside of the lung

Treatment options:

- Surgery: involves surgically removing tumor as well as a portion of the lung
- Radiation therapy: using high energy x-rays to destroy cancer cells
- Chemotherapy- usually a combination of medications to shrink and destroy cancer cells
- Targeted treatments: drugs targeting specific mutations to slow down or destroy cancer cells
- Immunotherapy: medications that use your body's immune system to destroy cancer cells
- Palliative care: supportive therapy including physical, emotional, and social support during treatment

Risk Factors:

- Smoking
- Secondhand smoke
- Radon exposure
- Asbestos exposure
- Genetics

Signs and symptoms:

- Cough and/or coughing up blood
- Shortness of breath
- Chest pain
- Wheezing
- Weight loss
- Fatigue

Screening options:

- A Low dose CT chest for those with high risk for lung cancer related to smoking history
- Must be age 50-80 with at least 20 pack-year smoking history

