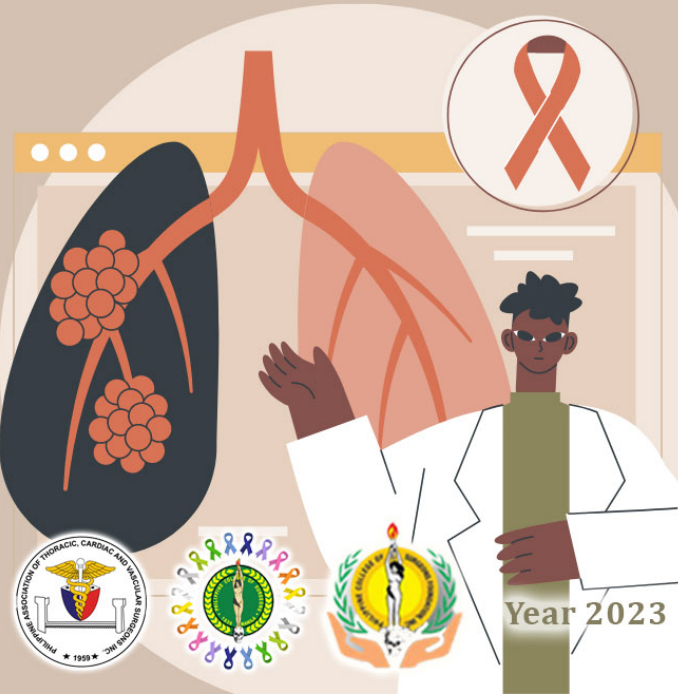




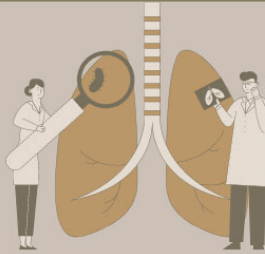
Philippine College of Surgeons

# NOVEMBER LUNG CANCER AWARENESS MONTH



Year 2023

## LUNG CANCER



It is the uncontrolled growth of abnormal cells in the lung or within the airways

## GLOBAL INCIDENCE



Most common cancer in the world

**2.094**

million new cases were estimated in 2018

**11.6%**

of total incidence in cancer cases

Most common cause of death from cancer worldwide

**1.8**  
MILLION DEATHS

in 2018 comprising 18.4% of all cancer related deaths



## LOCAL INCIDENCE



2nd most common cancer for both sexes next to breast cancer

**1,242,284**  
NEW CASES

in 2018, comprising 22.7% of all cancers

**1,084,316**  
ESTIMATED CASES

of deaths from cancer in 2018 comprising 19.6%



Most common cause of death from cancer in the Philippines

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## TYPES OF LUNG CANCER



**1**

### NON-SMALL CELL CARCINOMA

#### ADENOCARCINOMA

- Most common type of lung cancer
- May be associated with **smoking** but is also common in **never smokers**
- Common in women
- May be **resected** if **detected early**

**40%**

#### SQUAMOUS CELL CARCINOMA

- Commonly associated with smoking
- May present with **hemoptysis** and **bronchial obstruction**
- Seen in more **men** than in women
- May be **resected** if **detected early**

**30%**

#### LARGE CELL CARCINOMA

- Not as common as adenocarcinoma and squamous cell carcinoma but is **aggressive**

**15%**

**2**

### SMALL CELL CARCINOMA

- An **aggressive** type of lung cancer
- Strongly associated with **smoking**
- **Poor prognosis** due to rapid growth and rapid malignancy
- Most commonly treated with **chemotherapy**

**10-15%**

## RISK FACTORS



Smoking and secondhand smoke



Advanced age  
2 out of 3 lung cancers are diagnosed in people over age 65



Exposure to Radon, a colorless, radioactive gas



Genetics may predispose certain people to lung cancer



Industrial or workplace exposure to **Asbestos** and **chemicals** such as arsenic, chromium, nickel, soot or tar

# CLINICAL SYMPTOMS



A cough that does not go away



Change in voice or hoarseness



Shortness of breath  
New onset of wheezing



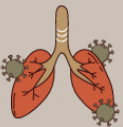
Hemoptysis (coughing up blood) or rust colored sputum



Chest pain that is often worse with deep breathing, coughing or laughing



Unexplained weight loss or loss of appetite



Infections such as bronchitis or pneumonia that does not respond to antibiotic treatment



Feeling tired or weak

It is important to **consult EARLY** when one of the following symptoms persists because signs and symptoms of Lung Cancer may **mimic common conditions**



## DIAGNOSIS

HOW IS LUNG CANCER DIAGNOSED?

Diagnosed through **biopsy** of a **suspicious mass** seen on chest radiograph or CT Scan

### BIOPSY

Can be performed by a **pulmonologist/ surgeon** or an **interventional radiologist** through one of the following modalities: **Bronchoscopy**,

**CT Scan-guided, Transthoracic Needle Biopsy, Thoracoscopy, Mediastinoscopy.**

### PET SCAN

Usually done to determine the **stage of the cancer** prior to initiating treatment.



# SCREENING

WHO SHOULD BE SCREENED FOR LUNG CANCER?



If you are between the age of **55 and 74 years**



Have at least consumed **1 pack of cigarette/day** for at least **30 years**



Currently smoke or have quit in the past **15 years**



A **low dose CT Scan** can be requested for screening if you are at risk



## PREVENTION

HOW CAN LUNG CANCER BE PREVENTED?

Screening is not a substitute for quitting smoking



The most effective way to lower lung cancer risk is to **stay away from tobacco**



Avoid exposure to **pollutants** and other cancer causing chemicals



Eat a **healthy diet**



Regularly **exercise**

# TREATMENT

WHAT ARE THE AVAILABLE TREATMENTS FOR LUNG CANCER?

## SURGERY (LUNG RESECTION)

- Can be done using **small incisions** (minimally invasive) or open surgery
- Lobectomy, pneumonectomy, wedge resection** are the most common surgical procedures
- Indicated for **early stages** of lung cancer
- Surgery has no role in the treatment of **advanced** lung cancer



## RADIATION THERAPY

- May be used in conjunction with **surgery** and **chemotherapy** in advanced cases



## SYSTEMIC THERAPY

### CHEMOTHERAPY

- May be given **before** or **after** surgery as **adjuvant treatment**



### TARGETED THERAPY

Also called "**Immunotherapy**"



- These drugs are **oral agents** that help the immune system control the cancer
- Patients are **screened** for their suitability to receive these agents based on the molecular profile of their cancer

**LUNG CANCER IS TREATABLE WHEN DETECTED EARLY**

