



LUNG CANCER

2 Risk Factors, Causes & Symptoms of Lung Cancer

Smoking tobacco is the cause of most of the lung cancers. This includes cigarettes, beedis, cigars, hookahs and pipes. The more you smoke, the greater is the risk. Ninety percent of the lung cancers is caused due to smoking. Quitting smoking early can reduce the chances of developing lung cancer. Non-smokers may also develop lung cancer; this happens in 10% of all lung cancers.

Passive smoking, i.e., breathing in other people's cigarette smoke can increase the risk of lung cancer.

Long-term occupational or work exposure to asbestos, radon gas, silica, arsenic and radiation may also cause lung cancer.

Air pollution increases the risk of getting lung cancer.

Symptoms of Lung Cancer include

	Cough for three weeks or more		Repeated chest infections or a chest infection that does not get better		Loss of appetite
	Difficulty in breathing and wheezing for no reason		Chest pain that does not get better & that increases during breathing, coughing or laughing		Weight loss for no obvious reason
	Coughing up blood		Sudden change in voice and hoarse voice for three weeks or more		Feeling tired

If you have any of these symptoms, please contact your doctor, get checked.

Note that these symptoms are not exclusively for lung cancer and may overlap with other chest diseases.

Reference: Lung Cancer e-book by JASCAP, Fighting Cancer-Living with It. May 2021 (available at <https://jascap.org/cancer-books-pdf/english-books/>) last accessed on 01/10/2021.

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