

Age-specific Lung Cancer Risks and its Treatment

Catherine Dinauer*

Cancer Medicine Clinic, Lombardy, Italy

Description

In both men and women, lung cancer (both small cell and non-small cell) is the second most prevalent malignancy (not counting skin cancer). Prostate cancer is more common in men, while breast cancer is more common in women. Lung cancer, like other cancers, arises when normal cell division and development mechanisms are interrupted, resulting in aberrant, uncontrollable growth. The cells become a tumour when they develop into a bulk. The term "malignant," or cancerous, refers to any abnormal growth in the body that immediately invades surrounding tissues and organs, spreads to other regions of the body, or has the potential to grow.

Lung cancer can grow over a period of years. The most frequent risk factor for lung cancer is cigarette smoking. Many persons who are exposed to cigarette smoke – or some of its components – will develop persistent lung abnormalities. These changes can lead to the development of a malignant tumour in the lungs. Lung cancer is a disease that primarily affects the elderly. The majority of those diagnosed with lung cancer are 65 or older; only a small percentage of those diagnosed are under 45. When persons are diagnosed, they are typically around 70 years old.

Lung cancer is by far the most common cause of cancer death in both men and women, accounting for over 25% of all cancer deaths. Lung cancer kills more people each year than colon, breast, and prostate cancer combined. The majority of lung malignancies begin in the bronchial lining (air passageways branching off the trachea, or breathing tube). Lung cancer can also develop in glands beneath the bronchial lining, most commonly in the lungs' outer regions. Small cell lung cancer and non-small cell lung cancer are the two main forms of lung cancer, which grow and spread in different ways.

On a more positive note, the incidence of new instances of lung cancer continues to decline, owing in part to individuals quitting smoking. Lung cancer mortality is also decreasing as a result of people quitting smoking and breakthroughs in early identification and treatment. There are about a dozen different types of rare tumours that can form in the chest, and they can arise

from the lung or not. Carcinoid tumours (typically found in a big airway) and malignant mesothelioma (which arises from the pleura, or lining of the lung) are two less common kinds [1-5].

On a more positive note, the number of new cases of lung cancer is decreasing, thanks in part to people quitting smoking. As a result of people stopping smoking and advances in early detection and treatment, lung cancer mortality is dropping. There are around a dozen different types of uncommon tumours that can develop in the chest, and they can originate in the lung or not. Carcinoid tumours (which arise from the pleura, or lung lining) and malignant mesothelioma (which arises from the pleura, or lung lining) are two less common types. Lung cancer is a difficult disease to cure. The most important elements in influencing the survival rate are the cell type and stage at the time of diagnosis. Those who are diagnosed at an early stage and are in a localised area may be cured. Unfortunately, the majority of people are diagnosed when the cancer has moved outside of the chest (advanced or distant) or when the nodes in the chest are involved (regional). Furthermore, because the lungs are such delicate organs, some treatments may be difficult to tolerate.

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*Address for Correspondence: Catherine Dinauer, Cancer Medicine Clinic, Lombardy, Italy, E-mail: dinauerc@gmail.com

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