

An Introduction to Lung Cancer

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Editorial

Bronchogenic carcinoma refers to any kind of lung cancer, including subtypes. Previously, the word was reserved for lung malignancies that started in the bronchi and bronchioles, the lungs' passageways. Today, though, it can apply to any variety [1].

The two most common kinds of bronchogenic carcinoma are small cell lung cancer (SCLC) and non-small cell lung cancer (NSCLC). NSCLC includes adenocarcinoma, large cell carcinoma, and squamous cell carcinoma [2].

Early indications of bronchogenic carcinoma might be so inconspicuous that they go unnoticed. Symptoms don't often appear until the malignancy has progressed. The following are some of the most prevalent lung cancer symptoms:

- Coughing that persists or worsens wheeze
- Blood and mucus in the lungs
- Hoarseness and lack of breath
- Weakness, exhaustion

Lung cancer may strike anybody at any time. It starts when lung cells begin to mutate. The aberrant cells continue to multiply and create tumors instead of dying as they should.

Although the origin of lung cancer is not always known, there are a number of variables that might increase your chances of getting it like:

- The most frequent cause of lung cancer is smoking, which accounts for over 90% of all occurrences. You can reduce your risk by quitting smoking. Secondhand smoke exposure can potentially increase the risk of lung cancer. SCLC is a less frequent kind of lung cancer than NSCLC, although it is virtually always caused by heavy smoking
- Exposure to radon, a radioactive gas that may enter buildings through soil, is the second most prevalent cause. You can't say you're getting poisoned until you use a radon test kit since it's colorless and odorless
- Breathing in dangerous compounds such as asbestos, arsenic, cadmium, chromium, nickel, uranium, and various petroleum products
- Exposure to exhaust smoke and other airborne particles genetics
- A family history of lung cancer
- Radiation to the lungs in the past
- Drinking water contaminated with high amounts of arsenic

If you're over 55, have smoked, or have a family history of lung cancer, your doctor may recommend a lung cancer screening. You can't say you're getting poisoned until you use a radon test kit since it's colorless and odorless.

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If you smoke and are also exposed to radon, your chances of developing lung cancer are significantly higher. Other reasons include:

- Breathing in dangerous compounds such as asbestos, arsenic, cadmium, chromium, nickel, uranium, and various petroleum products
- Exposure to exhaust smoke and other airborne particles genetics; a family history of lung cancer may put you at an increased risk
- Radiation to the lungs in the past
- Drinking water contaminated with high amounts of arsenic

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If you have signs of lung cancer, your doctor may perform a variety of tests to aid in the diagnosis, including

- Imaging studies
- Cytology of sputum
- Biopsy

If cancer is discovered, a pathologist will be able to determine the kind of lung cancer. The cancer can then be staged. Additional testing, such as biopsies of other organs with worrisome regions and imaging tests such as CT, MRI, PET, or bone scans on other sections of the body, may be required.

Lung cancer is graded on a scale of one to four based on how far it has spread. Staging aids in treatment planning and provides additional information about what to expect [3,4].

Lung cancer treatment differs depending on the kind, stage, and general condition of the patient. It's possible that you'll require a mix of therapies, such as:

- Surgery
- Chemotherapy
- Radiation
- Immunotherapy or targeted medications
- Palliative treatment

Since learning you have lung cancer can come as a huge shock, you'll be working closely with lung cancer specialists. It's a good idea to plan ahead for your next doctor's appointment so you get the most out of it [5].

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