How is lung cancer treated?

Treatment of non-small-cell lung cancer consists of various combinations of surgical resection, chemotherapy and radiotherapy. Standard therapy for small cell lung cancer involves combination chemotherapy with or without irradiation. Surgery is effective for early stage lung cancer tumours, giving these people a much higher survival rate after five years than people with advanced lung cancer.

Unfortunately, only a small proportion of lung cancers are found at this stage. Radiotherapy is used to control the primary tumor when it cannot be removed completely or when the patient's health indicates that surgery would be inadvisable. Chemotherapy is used when there is evidence that the tumor has spread to other parts of the body. Treatments for lung cancer have not substantially improved overall lung cancer survival over the past two decades, but there are more choices today and more research underway that might help.

The challenge is for patients to be referred to a lung cancer specialist, to have access to the best range of treatments no matter where they live, and to have timely, appropriate advice from a multidisciplinary team.

Dr. Sherif Fayed
Pulmonary Specialist

Dr. Sadir Alrawi
Director of Surgical Oncology Services

Book you appointment with us today:
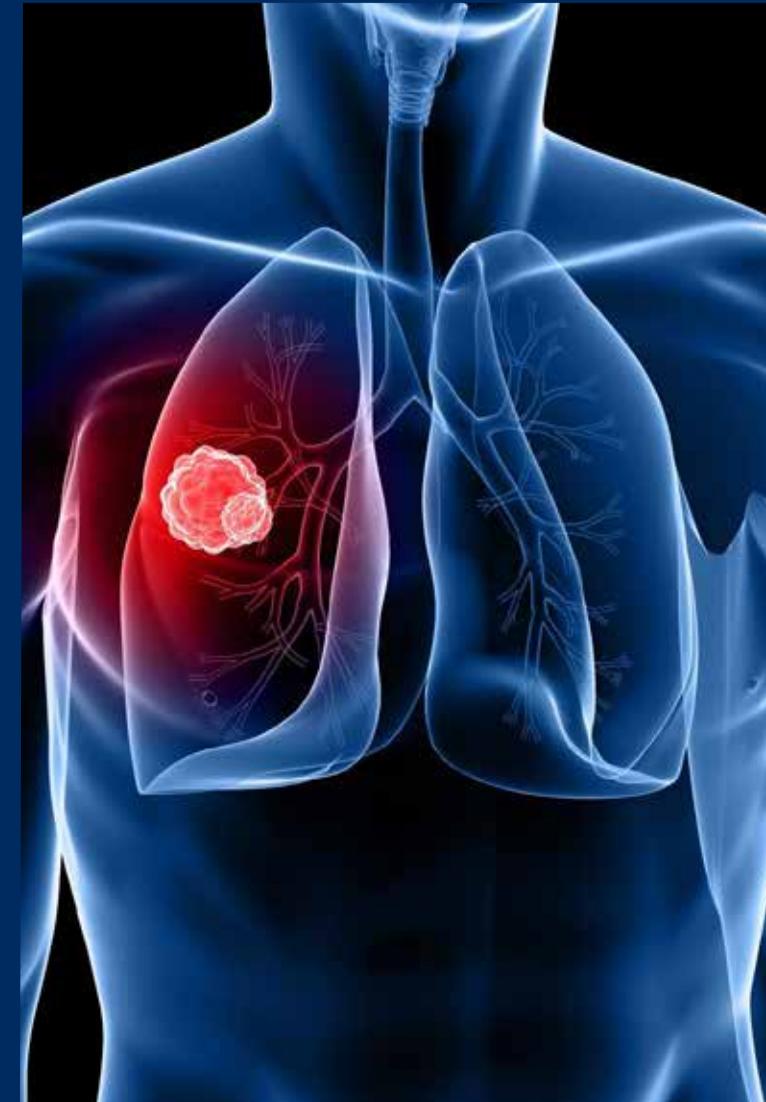
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مستشفى الزهراء دبي
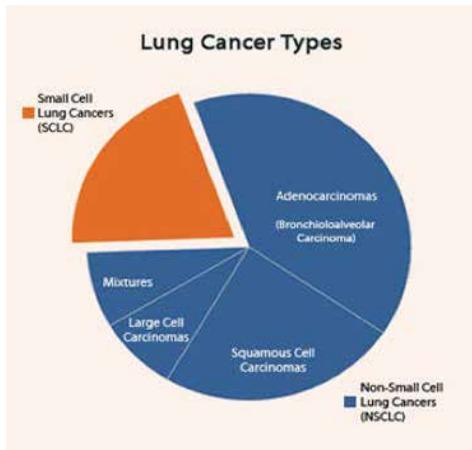**AL ZAHRA HOSPITAL DUBAI**
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LUNG CANCER AWARENESS

What is Lung Cancer?

Lung cancer develops when cells in the lung become abnormal and grow out of control. Two groups of cancers start in the lungs. 1. Non-small cell lung cancer Non-small cell lung cancer (NSCLC) is the most common type of lung cancer. It affects 85 percent of all lung cancer patients. NSCLC can develop in individuals who smoked or who never smoked. It is treated with surgery, radiation, chemotherapy or a combination of these treatments. 2. Small cell lung cancer Small cell lung cancer (SCLC) is less common. It affects 15% of all lung cancer patients. It is the most aggressive type of lung cancer and may be treated with chemotherapy and radiation.

Lung Cancer Types

What are the symptoms of lung cancer?

One of the reasons lung cancer has a poor survival rate is that early symptoms are vague and easily confused with other ailments such as bronchitis, pneumonia, and emphysema. People who recognize their risk, either from smoking or other exposures, should be especially watchful of symptoms that could indicate the early signs of lung cancer. Symptoms of lung cancer can include the following:

• Coughing
• Shortness of breath
• Fatigue
• Pain in chest, shoulder, upper back or arm
• Repeated pneumonia or bronchitis
• Bloody sputum
• Loss of appetite and weight loss
• General pain
• Hoarseness
• Wheezing
• Swelling of face or neck
• Digital clubbing (square swelling of the fingertips)

What are the risk factors for lung cancer?

• Smoking
• Exposure to radon (an invisible, odorless, tasteless gas that occurs naturally in soil and rocks)
• Exposure to secondhand or passive smoke
• Exposure to certain industrial and organic substances such as arsenic, asbestos, uranium, and diesel fuel
• Air pollution • Family history of lung cancer
• Previous lung disease

How does SMOKING affect lung cancer?

Tobacco use is the single most important preventable cause of lung cancer.

At least 85 per cent of lung cancer is related to smoking. Governments around the world have adopted anti-tobacco strategies to reduce smoking, with significant results. Second hand smoke is the number one risk factor for lung cancer among nonsmokers. People who quit smoking greatly reduce their risk of developing lung cancer compared with those who continue to smoke.

How is lung cancer diagnosed?

Many lung cancers are found by routine chest x-ray or CT scan taken for another health concern. For a diagnosis we look at:
• Complete history and physical exam
• Chest x-ray
• Chest CT scan
• Other imaging studies (PET scan or MRI)
• Lung function tests
• A biopsy (sample) of the nodule or mass