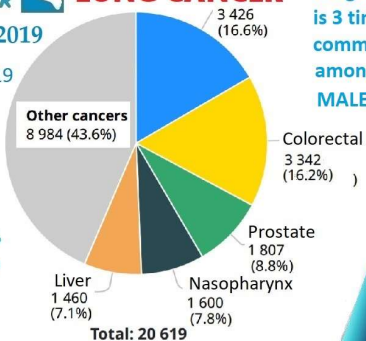
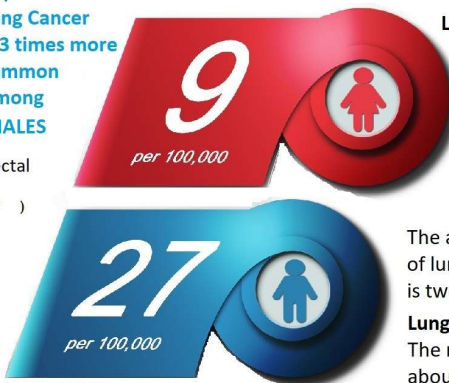


August 2019
When 20,619 new cases of cancers in males were reviewed in 2018, 16.6% were due to Cancer of the Lung.



Lung Cancer is 3 times more common among MALES



Lung Cancer And ETHNICITY

The ethnic distribution was similar for the younger and older groups of lung cancer patient.

Chinese 71%
Malay 19%
Indian 9%
Others 1%



(p<0.001)

The age standardized incidence of lung cancer amongst the Chinese is two-fold that of non-Chinese.

Lung Cancer and AGE

The mean age at which lung cancer is diagnosed is about 60 years with a peak age of diagnosis in the 70s. The incidence of those less than 40 years is relatively low at ~ 6.2%

Stop smoking and discourage smoking in your home/office/vehicle.

Smoking-Attributable Lung Cancer



- ⚠ Smoking is the main cause of small cell and non-small cell lung cancer.
- ⚠ It contributes to 80-90% of lung cancer deaths in women and men, respectively.
- ⚠ Men who smoke are 23 times more likely to develop lung cancer.
- ⚠ Women are 13 times more likely, compared to never smokers.

It has been estimated that active smoking is responsible for close to 90% of lung cancer cases; Radon causes 10%, occupational exposures to carcinogens account for approximately 9-15% and outdoor air pollution 1-2%. Because of the interactions between exposures, the combined attributable risk for lung cancer can exceed 100%.

Common symptoms:

- A cough that doesn't go away and gets worse over time
- Hoarseness
- Constant chest pain
- Shortness of breath or wheezing
- Frequent lung infections such as bronchitis or pneumonia
- Coughing up blood



Later symptoms:

- Weight loss
- Loss of appetite
- Headaches
- Bone pain or fractures
- Blood clots



A Chest X-Ray (CXR) might be able to show a lesion like one above seen on the left side of the chest - the left lung.

A CT (Computed Tomography) Scan can show more details so that one can better localise where the lesion is.



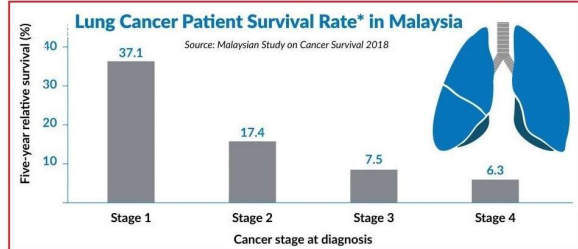
Caution:

Lung cancer can go undiagnosed for a long time because symptoms—such as a nagging cough—can be due to other health issues. If your symptoms persist, ask your doctor about lung cancer.

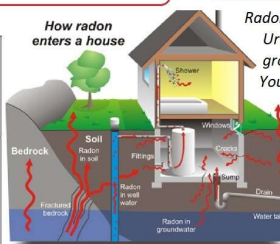


A doctor will go over your history again and then examine you.

Chest X-Ray (CXR) is a good simple start to look for Lung Cancer.



*Five-year survival (percentage of people who live at least five years after diagnosis)



Radon is a radioactive gas formed naturally from the breakdown of Uranium, Thorium and Radium - all radioactive - in rocks, soil and groundwater.

You can be exposed to Radon mainly from breathing air that comes through cracks and gaps in buildings and homes.

As Radon comes naturally from the earth, you are always exposed to it.

Lung cancer can also be caused by occupational exposures, including asbestos, uranium and coke (an important fuel in the manufacture of iron in smelters, blast furnaces and foundries).

The combination of asbestos exposure and smoking greatly increases the risk of developing lung cancer.

Lung Cancer and Secondary Smoking

Secondary smoking is the inhalation by a non-smoker of smoke exhaled by a nearby smoker.

Nonsmokers have a 20-30% greater chance of developing lung cancer if they are exposed to secondhand smoke at home or work.

The Lung Cancer 5-year survival rate is lower than many other leading cancer sites.

More than half of people with lung cancer die within one year of being diagnosed.



Vaping: E-cigarette vapor can

contain substances that are addictive and can cause lung disease, heart disease, and cancer.

