

# Lung cancer

## Patient education

### What is lung cancer?

Lung cancer is defined as an abnormal growth of cancerous cells that forms a mass in the lung. Lung cancer is classified into several types. The types are determined by the appearance of the tumour cells.

The two most common types are:

- Non-small cell lung cancer
- Small cell lung cancer

### What causes lung cancer?

- Tobacco smoking (number one cause of lung cancer)
- Exposure to radon

### What increases the risks?

- You are male
- Second-hand tobacco smoke
- Radon gas
- Uranium
- Asbestos
- Arsenic in drinking water
- Air pollution
- Medical and family history of lung cancer
- Had lung radiation therapy in the past
- You are 65 years of age or older

### How do I know that I have lung cancer?

- A bloody constant cough
- Fatigue
- Unexplained weight loss
- Difficulty breathing
- Chest pain
- Loss of appetite
- Bone and joint pain
- Feeling weak
- Swelling of face and arms
- Paralysis
- Droopy eyelids

### How is this treated?

- Surgery
- Chemotherapy
- Targeted therapy
- Radiation therapy

**If you have been diagnosed with lung cancer, please contact your doctor or health care provider immediately if you are experiencing any of the following:**

- Losing weight
- Wheezing
- Difficulty breathing
- Bone and joint pain
- The pain gets worse
- You have difficulty swallowing

**If you have been diagnosed with lung cancer, please get help immediately if you are experiencing any of the following:**

- Cough up blood
- New breathing problems
- Chest pain
- Fever
- Swelling
- Paralysis in your face
- You are confused

**Where can I get more information?**

Lung Cancer Canada: [www.lungcancercanada.ca/](http://www.lungcancercanada.ca/)

Reference: Lung Cancer. (2021, June 08). Elsevier Inc: ClinicalKey for Nursing.  
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