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# **Lung Cancer**

Lung cancer accounts for approximately 13% of all cancers. Most lung cancers are caused by smoking and develop in men aged 65-74. There are two main types of lung cancer, small and non-small lung cancer. Each have their own subtypes.  
   
Cancer that has developed in other parts of the body can spread to the lungs. This is referred to as lung metastasis. These are not considered to be primary lung cancer and therefore, are not treated the same way.

### **What Risk Factors cause this Cancer?**

* Smoking tobacco or second-hand smoke exposure
* Radon and/or asbestos exposure
* Occupational exposure to asbestos, chromium, nickel, beryllium, arsenic, soot, or tar
* Exposure to outdoor air pollution or pollutants from cooking and heating
* Personal or family history of lung cancer
* Exposure to radiation
* Weakened immune system, specifically HIV, AIDS, or lupus
* Taking beta carotene supplements and being a heavy smoker

**What are the Clinical Manifestations?**

* Chest discomfort or pain
* A cough that does not go away or gets worse with time
* Shortness of breath/difficulty breathing
* Wheezing
* Blood in the sputum
* Hoarseness
* Loss of appetite and unexplained weight loss
* Feeling tired or fatigued
* Difficulty swallowing
* Swelling in the face and/or the veins of the neck

### **What are the Treatment Options?**

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| |  | | --- | | Each case is unique and requires a personalized medical treatment plan. Some of the treatment options may include: | |

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**What are the Possible Side Effects of Treatment?**

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**1) Surgery:**

* Shoulder pain
* Shoulder movement restriction
* Upper extremity weakness
* Upper extremity lymphedema
* Neurological dysfunction
* Muscle instability and weakness
* Dehiscence, lymphocele, hematoma

**2) Radiation Therapy:**

* Fatigue
* Skin irritation
* Pain in the chest wall, axilla and surrounding tissues
* Reduced shoulder range of motion
* Radiation fibrosis

**3) Chemotherapy:**

* Fatigue
* Nausea/vomiting
* Neuropathy
* Menstrual changes
* Arthralgia
* Alopecia
* Mucous membranes irritation (e.g  vulvar/vaginal tissues, vocal cords)

**4) Hormonal Therapy:**

* Menopausal-like symptoms (e.g. hot flashes, mood swings)
* Bone density loss (increased risk of osteopenia/osteoporosis)
* Weight gain
* Bowl irregularity
* Nausea
* Arthralgia
* Fatigue

### **What is the Role of Physiotherapy and Rehab?**

The goals of rehabilitation depend on the extent of the disease, and the treatment patient is receiving over three distinct time periods: pre-operative, perioperative and post-operative.

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