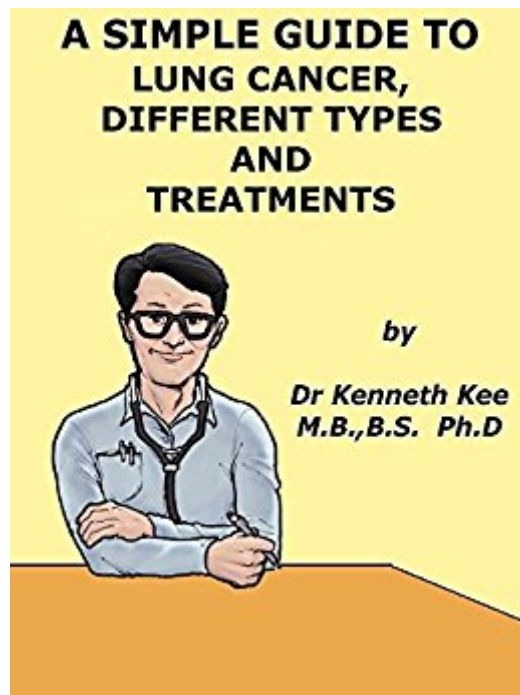




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A Simple Guide To Lung Cancer, Different Types And Treatments (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode to Lung Cancer
No one wants cancer or his body cell to become mutant
But when the body mutates and becomes malignant
There is nothing much that you can do about it
All you do is hope the cancer cells can be removed by surgery
The other treatments in the past are radiation or chemotherapy
Now there are stem cells, hormone treatment and immunotherapy
Targeted therapy is focused directly on a particular cluster of cancer cells
The exact location where the cancer cells dwell
Avoid smoking if possible; cigarette smoke has 40 types of carcinogens
Avoid alcohol which can cause cancer of mouth, esophagus and liver conditions
Avoid chemicals like asbestos, aflatoxins from nuts and silica
Avoid sun rays, radiation from phones, viral infections and trauma
-An original poem by Kenneth Kee
Interesting Tips about the Lung Cancer
A Healthy Lifestyle
1. Take a well Balanced Diet
2. As usual the treatment of cancer consists of Surgery, Radiotherapy and chemotherapy. The choice of treatment depends on the size, extent and the type of lung cancer and the general health of the patient. Small cell lung cancer is mostly treated with chemotherapy. Surgery is not usually suitable because this type of cancer has normally spread at the time of diagnosis. Non small cell lung cancer can be treated with surgery, chemotherapy, radiotherapy or a combination of these.
Surgery
Part or whole of the lung can be removed in the treatment of lung cancer. After surgery the patient may require assisted ventilation for a short period. Physical activity may be limited for a while. If the remaining lung is in good condition, the patient may be able to live a normal life.
Chemotherapy: Certain type of lung cancer is sensitive to chemotherapy. It is used in combination with surgery and radiotherapy.
Radiotherapy: Radiation may be used in conjunction with surgery or to relieve pressure symptoms or pain caused by the lung cancer.
Targeted Therapy
Targeted therapy is a treatment that targets the cancer's specific genes, proteins, or the tissue environment that contributes to cancer growth and survival. This type of treatment blocks the growth and spread of cancer cells while limiting damage to healthy cells.
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking. It also interferes with blood supply and

healing. Chapter 1 Lung Cancer Lung cancer is the second most common cancer in men. Smoking (active and passive) contributes to this cancer as does inhalation of asbestos and other toxic chemicals. While the incidence of men smoking has decreased there are alarmingly more women who are smoking Just 2 weeks ago a middle aged woman professional of 65 years had her usual annual medical examination To her horror her chest X-ray showed evidence of Stage 4 lung cancer She was not even a smoker! Lung Cancer is the uncontrolled growth of abnormal cells in one or both lungs. The cells lining air passages grow and divide until an abnormal mass or tumor is formed and spread to the rest of the body Introduction 1 Lung Cancer 2 More about Lung Ca

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Customer Reviews

Easy for me to understand. Helped me to get all the answers I needed. Can't ask for more then that.

There is a lot of information on SCLC in this book. It made it much easier to ask questions of my oncologist. I don't know anything about NCLC, but seems to be a lot of information there, too.

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