

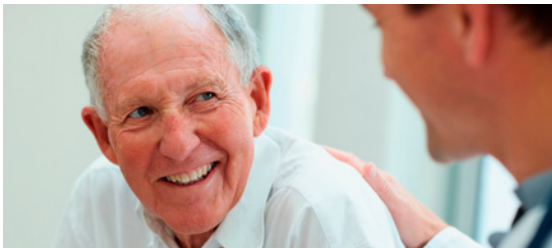
TREATMENT

Depending on the diagnosis and the decisions made by you, your loved ones, and your healthcare provider, you may be treated with one or a combination of the following:

- **Surgery.** Cutting out the cancer/tumor and, possibly, a small amount of the surrounding tissue.
- **Chemotherapy.** Using drugs and chemicals to kill the cancer cells.
- **Radiation therapy.** Using powerful, highly focused rays (typically x-rays) to kill cancer cells.
- **Targeted treatments.** Drugs that target specific gene proteins to destroy a tumor by cutting off its blood supply. Targeted therapies are usually used when the cancer has reached an advanced stage and has spread to other parts of the body. This targeting minimizes damage to healthy cells surrounding the tumor.

Note: Getting genetic testing done for these gene mutations (also called biomarkers) is the key to identifying the best targeting option for you.

You, Your Provider, and Clinical Trials



It is important to discuss your symptoms, screenings, treatment options, side effects, and long-term prognosis with your healthcare provider. You may also want to ask your healthcare provider about clinical trials, which are studies where researchers test new drugs and other treatments with volunteer patients. Learn more at www.clinicaltrials.gov

RESOURCES

Men's Health Online Resource Center

www.MensHealthResourceCenter.com

Centers For Disease Control And Prevention

www.cdc.gov

National Cancer Institute

www.cancer.gov/types

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov

American Cancer Society

www.cancer.org

American Lung Association

www.lung.org

Men's Health Library

www.MensHealthLibrary.com

Get It Checked

www.GetItChecked.com

Men's Health Month

www.MensHealthMonth.org

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PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

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What You Should Know About Lung Cancer



MHN Men's Health Network™
www.menshealthnetwork.org

FACTS ABOUT LUNG CANCER

Lung cancer is by far the leading cancer killer, accounting for more than a quarter of all cancer deaths. Overall, men are more likely than women the same age to die of lung cancer, and black men are far more likely than other men to die of the disease.

Smoking cigarettes causes about 80% of lung cancers. Men who smoke are 23 times more likely than non-smokers to develop lung cancer. Even a few cigarettes now and then increases your risk. The more tobacco you smoke and the longer you've been smoking, the higher your risk.

Being around smokers and breathing their second-hand smoke also increases the risk of developing and dying from lung cancer.



RISK FACTORS

- **Sex.** One in 14 men will develop lung cancer in his lifetime. For women, the risk is one in 17 according to the American Cancer Society (ACS).
- **Age.** Two thirds of those who develop lung cancer are 65 or older. Only about two percent are under 45, according to ACS. But smoking while young increases your risk of lung cancer later in life.
- **Smoking.** Smoking cigarettes, pipes, cigars, marijuana, or breathing second-hand smoke increases your risk.
- **Exposure.** Being around hazardous chemicals or substances, including radon, asbestos, arsenic, diesel exhaust, and Agent Orange greatly increases your risk.
- **Family history.** Having a parent or sibling who has or had lung cancer may increase your risk.
- **Other lung illnesses,** such as COPD, emphysema, or tuberculosis.
- **Radiation.** Exposure to x-rays of the chest.

SYMPTOMS

Most people whose lung cancer is in the early stages have no symptoms. However, if you experience any of the following, you may wish to consult your medical provider—especially if you have any of the previously mentioned risk factors. These symptoms may not mean you have cancer, but talking to your healthcare provider and getting tested is the only way to know for sure.

- **Frequent shortness of breath**
- **Frequent coughing, hoarseness, wheezing, or trouble swallowing that won't go away**
- **Coughing up blood**
- **Feeling very tired or weak**
- **Pain in your chest, upper back, arm, or shoulder**
- **Frequent bouts of pneumonia or bronchitis**
- **Change in color or amount of saliva and mucus**
- **Unexplained weight loss**
- **Unexplained loss of appetite**

SCREENING AND DIAGNOSTICS

Screening for lung cancer is very important—especially if you're a smoker—because by the time symptoms appear the cancer may have already spread beyond the lungs, making it much harder to treat. If you're a long-time smoker or are in another high risk group, your healthcare provider may suggest one or more screening and/or diagnostic tests. These include:

- **Sputum cytology.** Examining mucus from your lungs under a microscope, looking for cancer cells.
- **Imaging.** Your healthcare provider may recommend an annual, low-dose helical CT instead of an X-ray.

If your cytology and/or imaging screens are abnormal, your healthcare provider may do a minor surgical procedure called a *scope* or a *biopsy* to examine your lungs and chest, and/or remove fluids or a piece of the suspected cancerous tissue for analysis in a laboratory. To do this, the healthcare provider will insert a lighted tube into the chest or lungs, going through the nose, mouth, or a small incision in the chest.

