## Lung Cancer

Uncontrolled growth of abnormal cells in the lungs, leading to the formation of tumours or masses of tissue.





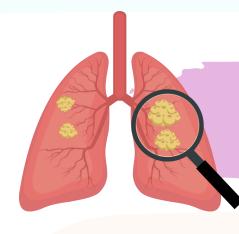
## **Symptoms**

- Persistent cough that lasts over 3 weeks
- Chest pain,
  discomfort or
  Shortness of breath
- Coughing up blood
- Loss of appetite or unexplained weight loss and fatigue

## Who is at risk



- Smoking (current or former smokers)
- Second-hand smoke exposure
- Occupational hazards of inhaling chemicals (Asbestos, radon)
- Family history or age
- Chronic lung diseases such as COPD, TB, Fibrosis.



## Preventive Measures



- Quit smoking and Avoid exposure to second-hand smoke.
- Limit exposure to harmful substances or pollution at work
- Get regular screenings if you're at high risk (e.g., long-term smokers).
- Stay active and maintain a healthy diet.



