

Lung Cancer

Warning Signs, Treatment Options, and Real Hope

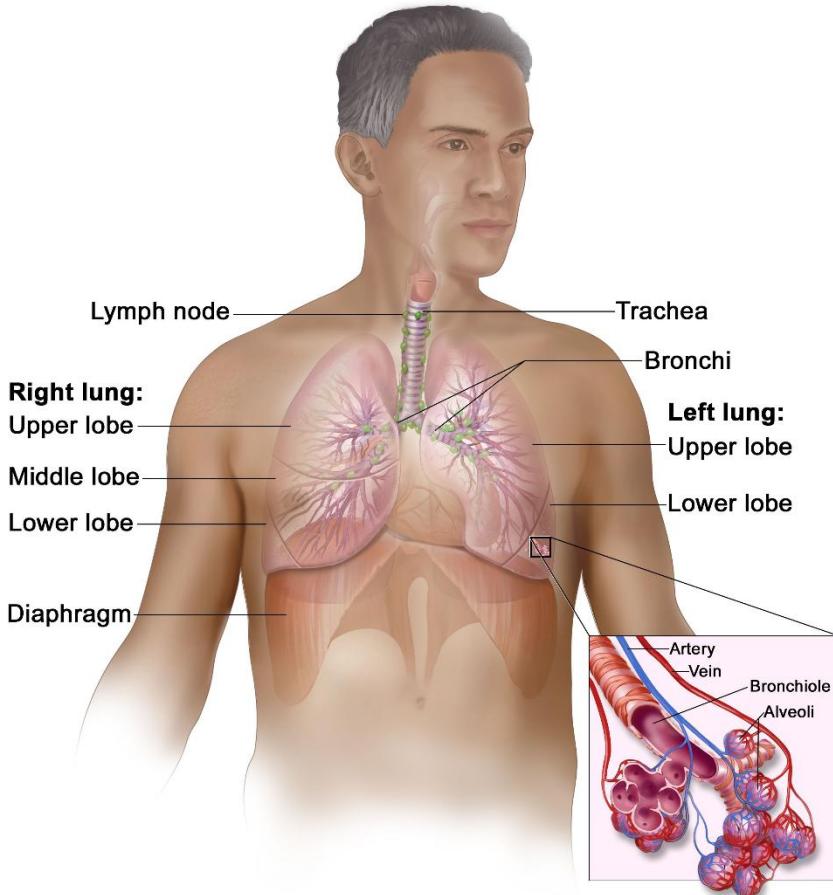
Lung cancer is serious, but understanding the warning signs, diagnosis, and treatment choices can make a real difference. Knowledge helps people act sooner and feel more supported.

What Do the Lungs Do?

Your lungs bring oxygen into your body and remove carbon dioxide. Lung cancer happens when abnormal cells grow out of control in lung tissue. There are two main types: Non–small cell lung cancer (most common) and Small cell lung cancer (less common but spreads faster).

Who Is at Risk?

- Smoking (major risk)
- Secondhand smoke
- Radon exposure
- Air pollution
- Occupational exposures (asbestos, diesel fumes, some chemicals)



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Warning Signs to Never Ignore

Early Symptoms

- Persistent cough
- Chest pain
- Shortness of breath
- Wheezing
- Coughing up blood



Possible Later Symptoms

- Unexplained weight loss
- Fatigue
- Hoarseness
- Bone pain
- Swelling in face or neck

If you have symptoms, don't wait — see your healthcare practitioner.

How Is Lung Cancer Treated?

Treatment depends on the type of lung cancer, stage, your overall health, and personal goals of care. Common options include surgery, chemotherapy, radiation therapy, and immunotherapy. Your oncology team helps create a personalized plan.

Life After Treatment

Some people finish treatment and cancer does not return. Others continue long-term treatment to help control cancer. Follow-up care is essential — report any new symptoms to your oncologist.

What You Can Do

- If you smoke, quitting helps — even after diagnosis
- Keep follow-up appointments
- Stay as active as you can
- Eat a balanced diet
- Always talk to your care team before taking supplements

Learn more about
Cancer and
Survivorship at
Every1Dies.org

There Is Hope

A diagnosis of lung cancer changes life — but it does not erase hope, purpose, or possibility. Support, treatment, and ongoing care help many people continue living forward. *You are not alone.*